

# **EMPOWERING HEALTH WORKERS**

**112 Herbs for Your Health Problems**



**Fr. Meloo S.J. & Sr. Usha MSMI**  
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# **EMPOWERING HEALTH WORKERS**

**112 Herbs for your Health Problems**

*by*

**Fr. Sevanand Melookunnel S.J.**

**Sr. Usha MSMI**

To

C H C

with best compliments

L. Meloo, S.J.

**PRABHAT PRAKASAN**

**DIGHA GHAT**

**PATNA**

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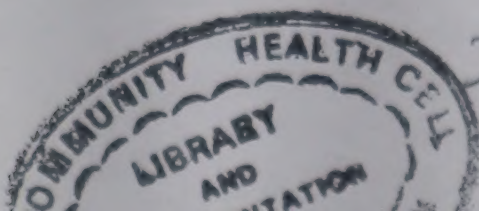
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### **This Book is Dedicated to**

The millions of mothers  
especially in the remote rural areas  
who struggle to keep themselves  
and their children healthy and  
thousands of health professionals  
and health workers who guide them.



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# FOREWORD

It gives me immense pleasure to hear of the publication of the book “Empowering Health Workers”, written by Fr. Sevanand Melookunnel and Sr. Usha. It is indeed an appreciable venture.

Though there are several books available on Home Remedies, each book has its own variety and speciality. This book conveys a much wider spectrum of usage of 112 drugs and measures to be adopted in the management of health at home level. It also includes aspects of preventive and promotive treatment, external therapies and positive health tips.

The authors of this book, since a long time, are associated with herbs and their usage in day-to-day life. Their endeavor will go a long way in helping the public to manage their health problems as well as researchers.

I wish them all success.

I wish that they keep good health to write many more hand books.

Dr. P V Raj  
Addition Director (AY),  
Indian Systems of Medicine  
Govt. of Andhra Pradesh  
Secunderabad.



# PREFACE

**“Loka Samasta Sukhino bhavanthu”** (*“Let whole World be healthy and happy”.*)

This is an old prayer of ours. In 1978, the World Health Organisation (WHO) brought out the strategy known as “Health for All by 2000 AD”. Most of the countries in the world, including India were signatories to this strategy known as **“Alma Ata Declaration”**.

The year 2000 has come and gone. And ‘Health for All’ remains a distant dream for most countries. There seemed to be some gap between the understanding of the framers of this strategy and that of the implementers and implementing countries. The major setback seems to be that the **“FOR ALL”** part of the strategy has been neglected or forgotten by the implementers. Even the word **“HEALTH”** seems to be misunderstood.

The implementers seemed to believe in the principle of a ‘pill for every ill’. With the result a number of medical care institutions with emphasis on the application of modern technology came. In our own country, since Alma Ata Declaration, there was a phenomenal increase in medical colleges, ‘five star’ hospitals and diagnostic centres etc.

Meanwhile an unholy alliance developed between the medical profession, the manufacturers of Pharmaceutical products, especially the multinational ones and the system thereby pushing aside the **“ALL”** – the common people. With the result, the major part of the country’s, already meager budget was consumed by the so called centres of ‘excellence’. These centers were accessible only to the lucky few while the majority, – the **“ALL”** — children of **“Bharat Matha”** got left out.

It is in this context a book like **“Empowering Health Workers”** assumes greater significance. The book, as its title signifies, lays emphasis on the **“ALL”**, the only way to achieve Health for All. The only way to empower people is to give them maximum information on every aspect of health. Health for all is such an important thing that it

can not be left in the hands of the so called professionals and experts. It should be in the hands of the people. This book shows how it can be done.

God has created everything in this world for the use of people. People are expected to live in harmony with nature, with one another and with God. When any of these three-dimensional relationship and harmony is affected, ill health sets in.

The book presents to the users, the details of 112 items with their names, photographs, preparation, use etc. which should take care of most of the health problems. Most of them are available either in your kitchen or in your compound. And this makes things simple and easier. And the beauty of the book is that it has been written in a simple, easy to understand language.

I understand the authors are planning to publish this book in some of the regional languages also so that more and more ordinary people can use it for their day-to-day needs. I would consider this book a pathfinder on our march towards Health for All. In that sense, it should be a MUST for everyone who is interested in one's own health and the health of others.

**Fr. John Vattamattom SVD**  
*Secretary, CEO Sanghamitra,*  
*&*  
*Coordinator, MDIDP*

# INTRODUCTION

In August 2001, a group of 17 people at a training centre in Hyderabad got viral fever. But we did not spend a *paisa* for treatment, as we could manage the problem in our own way.

We prepared a paste of *neem* leaves, *tulsi* leaves, *karanj* leaves and black pepper. A dose of one tablespoonful was given with equal amount of honey in the evening before they went to sleep. The following day the fever subsided. A bath with water in which *Nirgundi* (*Vitex nagundo*) leaves have been boiled, took care of the body pain. Some of them got cough as an after-effect of the fever. A mixture of one tablespoonful each of lemon juice, honey and rum (or wine), given once a day before sleep for three days was enough to get rid of the cough.

A colleague of mine got a similar viral fever at the same time. He spent over Rs. 300 on antibiotics. It took more than a week to get rid of the fever, and another week to overcome the after-effects of antibiotics!

This book is meant to help mothers of every family to take care of common health problems by themselves, as far as possible, with no cost, or low-cost herbal remedies.

The source of this book: mostly grandma's remedies and the folk claims; a few ancient therapies contained in the *Ayurveda* books also are included. All these time-tested prescriptions encapsulate the experience of millennia. They serve as a touchstone to test the efficacy of various treatments mentioned in this book.

Some fifty years ago, all these remedies were common knowledge to our mothers and grandmothers. With these knowledge and skill, they took care of the common health problems of their families.

But, today, such knowledge and skill have become thing of the past. At the same time health care (both modern and others) has become so highly commercialized that it is inaccessible and unaffordable for the majority of poor people. Hence this simple hand book. This is

prepared in response to the requests of many NGOs and others working in remote rural areas, with a view to enabling and empowering the rural poor to manage most of their health problems by themselves.

This book gives the medicinal uses of 112 commonly available plants. The plants are arranged in eight groups: *Masalas*, Vegetables, Fruits, Grass and Weeds, Ornamental Plants, Trees, Bushes and Creepers. An alphabetical index of diseases with reference numbers of remedies mentioned in the book will help you to locate and select the treatment you are looking for.

It is important to know when you can treat yourself with simple home remedies and when to seek expert medical advice. A chronic disease will take a long time to cure. If the problem is not chronic, and if no improvement is noticed in few days' time, then you should consult a *vaidya* or a trained doctor.

The uses given about the plants are not exhaustive. When you come across any further information about the medicinal use of a particular plant, please add it into your copy. If you like to share this new information for the benefit of others in the next edition of this book, please let us know. Also we will be very grateful to you if you share with us your suggestions to improve this work.

We hope this book will contribute towards empowering and equipping people to take their health safely into their own hands instead of pitifully depending on others.

Secunderabad  
June 2002

**Fr. Sevanand Melookunnel, S.J.**  
**Sr. Usha MSMI**

# SECTION - I

## HEALING WITH TIME-TESTED REMEDIES

Health, according to *Ayurveda*, is “a state of enjoying uninterrupted physical, mental and spiritual happiness and fulfillment”<sup>1</sup>.

Health is possible only when there is harmony and balance, which include

- Harmony in the function of bodily systems and organs (physical harmony)
- Harmony in our thoughts, feelings and emotions (mental harmony)
- Harmony with our fellowmen (social harmony)
- Harmony with nature (environmental harmony)
- Harmony with the entire creation (cosmic harmony)
- Harmonious relationship with the ultimate (spiritual harmony)

Sickness comes from disharmony and imbalance. Most of the alternative systems of Health Care (i.e., those other than allopathic system or modern medicine) have different concepts to explain sickness as well as the process of healing. *Ayurveda*, *Siddha* and Nature Cure use the concept of ‘*tridosha*’ (*Vata*, *Pitta*, *Kapha*) and accumulation of impurities in digestive system. Unani system explains it through the theory of four fluids (blood, phlegm, black bile, yellow bile). Non-drug therapies like acupressure / acupuncture explain the imbalance through *yang* and *yin* aspects of *Prana*. Pranic healing and Reiki speak of congestion and depletion in the flow of *prana* as the cause of sickness.

The understanding of modern medicine (allopathic system) however is entirely different. Based exclusively on empirical scientific approach, it explains sickness as caused either by the attack of germs (micro-organisms) or by the deficiency of certain chemical constituents in

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1. Vaidya Bhavan Das and Acharya Manfred M Juneus, A Hand book of Ayurveda (concept publishing Co., New Delhi, 1983) p.2

the body. The process of healing, therefore, consists in killing the germs with medicines or replenishing the deficiency in the body.

## Herbal and Home Remedies

The use of herbs to heal sickness begins with every hearth and home. The Bible itself encourages the use of herbs, as we read in the Book of Wisdom Ch.38, 1-10 and Isaiah Ch.38, 21. Herbal and Home Remedies is the popular or folk stream of treatment. *Ayurveda* and *Siddha* systems are its standardized and scientific streams. The validity and effectiveness of herbal and home remedies are based on years of experience handed down from generation to generation since time immemorial.

Since herbal and home remedies are not standardized or scientifically explained, many people who think rationally may have reservations about its effectiveness. But these are time-tested and have always been in the popular stream. They have not been in the scientific stream though, as per accepted norms in the late 20<sup>th</sup> and 21<sup>st</sup> century. How do we compare these two streams of thinking? Let me give you an example.

My mother knows how to make *sambar*, the popular pulse based dish of South India. A dietician also knows how to make *sambar*. The dietician will say how many grams of chilli, how many grams of *methi* etc. have to be put to make good *sambar*. He will also explain the nutritional value and effect of each item on the body. My mother will not know anything about grams. But she knows from experience how much of each item to be put and how much good it is for health. *Sambar*, thus can be made, both by my mother and the dietitian. However, the *sambar* made at home by my mother always tastes better for me, and I am sure, for you too!

*Sambar* has its origin at home, not in the college of dietetics. To make good *sambar*, what normally requires is experience, not knowledge of dietetics. The same can be said about herbal and home remedies. They are here for you to take them, own them, adapt them and use them. Your health is in your hand, as you use God's own herbs to take care of your health!



1. *PUNICA GRANATUM* (Pomegranate)  
(പമ്പോള) (പമ്പോള) (2000)



2. *SOLANUM NIGRUM* (Black Night Shade)  
(പമ്പോള) (പമ്പോള) (2000)



3. *MANGIFERA INDICA* (Mango)  
(പമ്പോള) (പമ്പോള) (2000)



4. *CYNODON DACTYLON* (Lawn Grass)  
(പമ്പോള) (പമ്പോള) (2000)



5. *CARICA PAPAYA* (Papaya)  
(പമ്പോള) (പമ്പോള) (2000)



6. *AEGLE MARMELOS* (Bael)  
(പമ്പോള) (പമ്പോള) (2000)



7. *RIBULUS TERRESTRIS* (Land Calotropis)  
(പമ്പോള) (പമ്പോള) (2000)



8. *ANNONA SQUAMOSA* (Custard Apple)  
(പമ്പോള) (പമ്പോള) (2000)



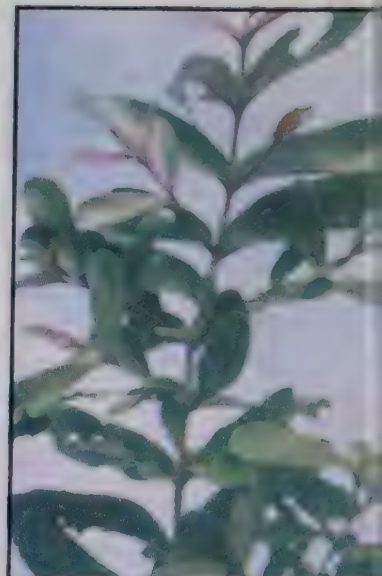
9. *ARTOCARPUS INTEGRIFOLIA* (Jackfruit)  
(പമ്പോള) (പമ്പോള) (2000)



10. *TERMINALIA CHEBULA* (Harrah)  
(కరకాయచెట్టు) (హర) (ఉసుకూర మొల)



11. *MURREYA KOENIGII* (Curry Leaves)  
(కరివెపాకు) (కరీ పత్తా) (కరివేపా)



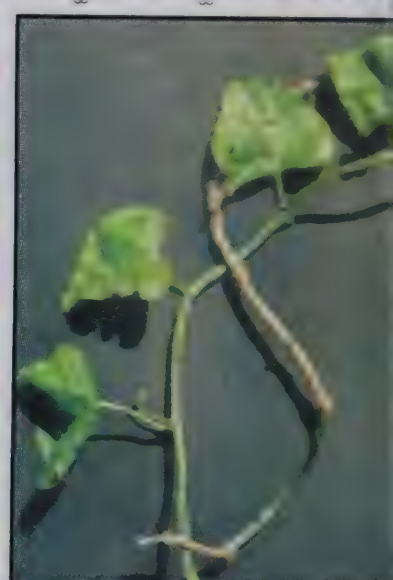
12. *TERMINALIA ARJUNA* (Arjuna)  
(ఎఱ్ఱమొలచెట్టు) (అర్జునా) (మొల)



13. *AZADIRACHTA INDICA* (Neem)  
(వేప) (నీమ) (అర్ధవేప)



14. *MORINGA OLEIFERA* (Drumstick tree)  
(ములగ) (మఱజన) (మొలితూ)



15. *TINOSPORA CORDIFOLIA* (Amruti)  
(తిప్పతీగ) (అమృత, గడ్డిచీ) (అమృత)



16. *ARISTOLOCHIA INDICA* (Isormool)  
(అసోమూల) (అసోమూల) (అసోమూల)



17. *CELASTRUS PANICULATA* (Malkangani)  
(మలకాంగనీ) (మలకాంగనీ) (మలకాంగనీ)



18. *TYLOPHORA ASMATICA* (Emetic Swallow)  
(వేపిపాకు) (అమృత) (అమృత)



19. TRIDAX PROCUMBENS (Tridax)  
(గుండలకాను) (ഒടിയൻ പച്ച)



20. CASSIA TORA - Chakod (Fetid Cassia)  
(తగరినా) (చాకోద) (തകാ)



21. VERONIA CINERA (Sahadevi)  
(సహదేవి) (സാഹ) (പുറന്തകുന്തൽ)



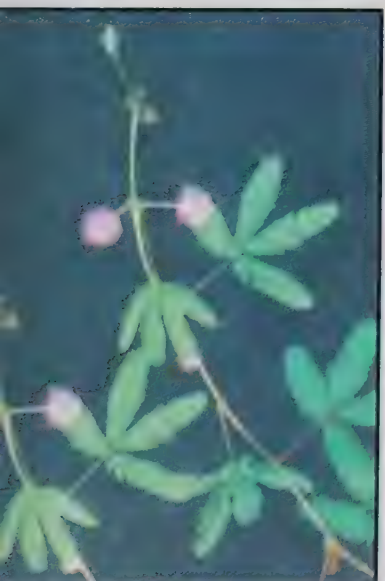
22. CYPERUS ROTUNDUS (Nut grass)  
(తుంగ) (మొతా) (മുത്തങ്ങ)



23. EUPHORBIA HIRTA (Dudhi ghas)  
(డడ్డినానబోలు) (దുధీ घासा) (നീലപ്പുല)



24. PHYLLANTHUS NIRURI - Kizhukanelli  
(నేలపుసిరిక) (భుడే आंवल)  
(കിഴുకാനెല്ല)



25. MIMOSA PUDICA (Touch me not)  
(త్తిపత్తి) (തമിഴ്) (തൊട്ടാറാടി)



26. LEUCAS ASPERA (Gumma)  
(తమ్మి) (గుమ్మా) (തുമ്പ)



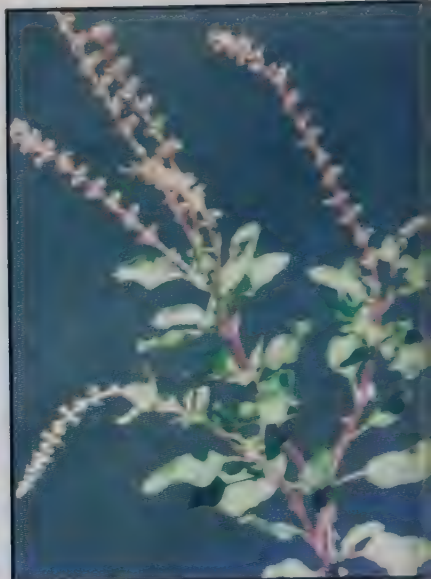
27. ACORUS CALAMUS (Sweet flag)  
(పస) (బొచ, గోర బొచ) (വിയമ്പ)



28. *AGERATUM CONYZOIDES* (Goats weed)  
(వేసపుచ్చ) (बसौना) (ఘోషాల్చ)



29. *ASPARAGUS RACEMOSUS* (Satavar)  
(సతావరి) (शतावर) (ശതാവരി)



30. *OCIMUM SANCTUM* (Tulsi)  
(తులసి) (तुलसी) (തൂളസി)



31. *NYCTANTHES ARBOR TRISTIS* (Parijat)  
(పారిజాతము) (पारिजात) (പാരിജാതം)



32. *ROSA CENTIFOLIA* (Rose flower)  
(గులాబి) (गुलाब) (റോസాപ്പൂവ്)



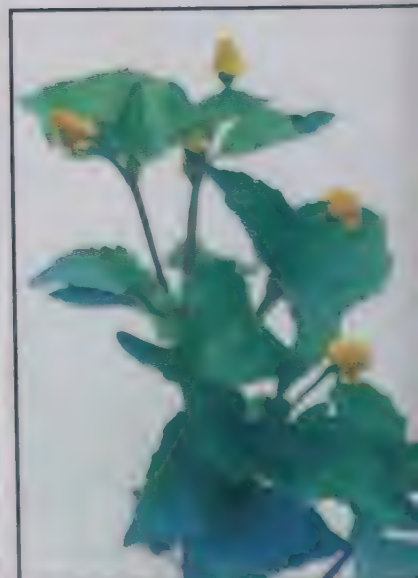
33. *VINCA ROSEA* Periwinkle (వింకాపూవ)  
(सदाबहार) (നിത്യകുസുമം)



34. *ALOE VERA* (Ghrita kumari)  
(అలోవేరా) (అలొవేరా) (കുളി വെഴ)



35. *LAWSONIA INERMIS* (Henna)  
(హెనా) (हenna) (ഹെന്ന)



36. *ANACYCLUS PYRETRUM* (Akkarakani)  
(అక్కరాకని) (అక్కరాకని) (അക്കറാക്കനി)



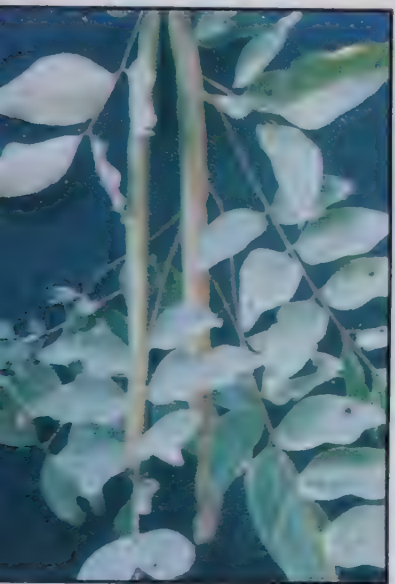
37. *MUSA PARADISICA* (Banana)  
(ഇടലപ്പഴം) (ബന) (ബാഴ)



38. *SESBENIA GRANDIFLORA* (Agati)  
(ഇടപ്പാ) (അഗതി) (അകന്നി)



39. *SIDA CORDIFOLIA* (Bariar)  
(ഇടപ്പാ) (ബാരി) (കുറുമ്പട്ട)



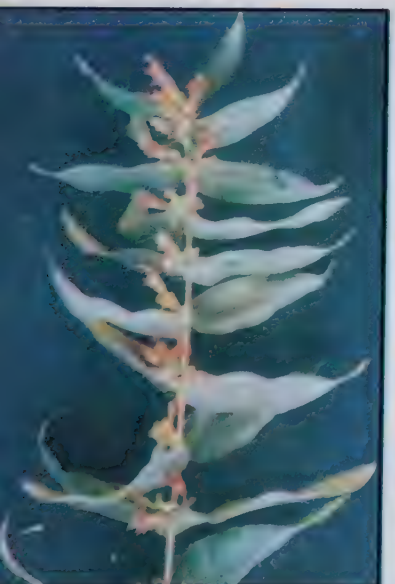
40. *CASSIA FISTULA* (Golden Shower)  
(പാല) (അശ്വതി) (കണ്ണക്കമ്പ)



41. *ASHOKA INDICA* (Ashok)  
(ഇഷ്ട) (അശ്വതി) (അശ്വതി)



42. *ECLYPTA ALBA* (Trailing Eclipta)  
(ഇടപ്പാ) (ബാരി) (കുറുമ്പട്ട)



43. *WOODFORDIA FRUTICOSA* (Dhatri)  
(ഇടപ്പാ) (ബാരി) (അതി)



44. *VITIS VENIFERA* (Grapes)  
(ഇടപ്പാ) (ബാരി) (അതി)



45. *WITHENIA SOMNIFERA*-Wintercherry  
(Aswagandh) (ഇടപ്പാ) (ബാരി)  
(അതി)



46. *ADHATODA VASICA* (Adusa)  
(అడూసా) (అడూసా) (ആടലോടകം)



47. *TAGETES ERECTA* (Marigold)  
(బంతిచెట్టు) (గదాఫూల) (ബెന്గలి)



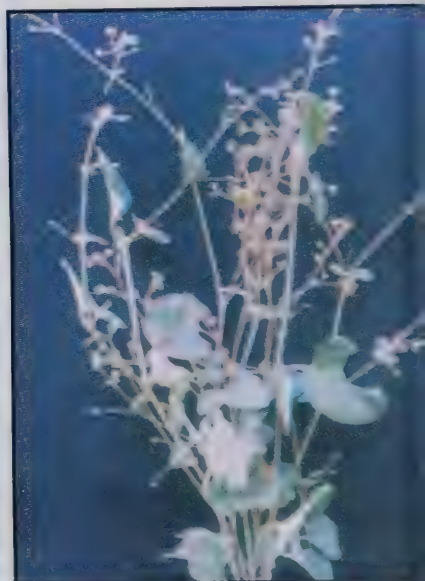
48. *HIBISCUS ROSA - SINENSIS* - Shoe flower  
(మందార) (అడదల) (ചെമ്പരത്തി)



49. *ANDROGRAPHIS PANICULATA* (Chiretta)  
(అడవివేప) (చిరేతా) (കിരിയാത്ത)



50. *ABUTILON INDICUM* (Khangri)  
(అడవిబెండ) (खर्गा) (ഉഴുത്ത)



51. *BOERHAVIA DIFFUSA* (Hogweed)  
(పునర్వవా) (വൃണാബ) (ആకుതാ)



52. *BENINCASA HISPIDA* (Ash gourd)  
(అశుగూర) (అశుగూర) (കാശ്మുర)



53. *MALUS SYLVESTRIS* (Apple)  
(అపిల్) (అపిల్) (ആപ്പిൾ)



54. *ALLIUM CEPA* (Onion)  
(అల్లం) (అల్లం) (ഓൺ)



55. *BRASSICA JUNCEA* (Mustard)  
(അവാലു മിസൂമി) (മരനാ) (കടുകു)



56. *TRIGONELLA FOENIM-GRaecum*  
(മേൽക്കൂല) (മന) (ഉലുണ്ഡ)



57. *FERULA ASAFOETIDA*  
(അസാഫോട്ട) (അ) (കാലര)



58. *MYRISTICA FRAGRANS* (Nutmeg)  
(ബാമിനായ) (ജയാമന) (ജാതിയ്ക്ക)



59. *PIPER NIGRUM* (Pepper)  
(പല്ലിശിരയ) (പൊലിമര) (കുരുമുളകു)



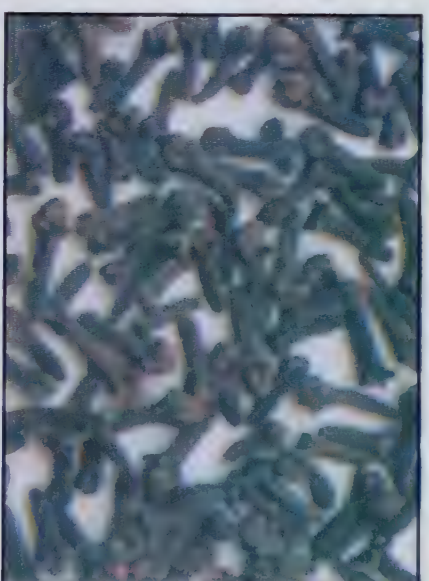
60. *CORIANDRUM SATIVUM* (Coriander)  
(ധനിയ) (മുനയാ) (മുല്ല)



61. *ELEUTHERIA CARDAMOMUM* (Cardamom)  
(കാലമുള) (കാലമുള) (എലിയ്ക്ക)



62. *CUMINUM CYMINUM* (Jeera)  
(കുരുമുള) (മന) (ജിരക)



63. *SYZIGIUM AROMATICUM* (Clove)  
(കാലമുള) (മന) (കാലമുള)



64. *COCOS NUCIFERA* (Coconut)  
(కోబ్బరి చెట్టు) (नागियल का माल) (നെന്മുള)



65. *BAMBUSA ARUNDINACEA* (Bamboo)  
(వెదురు చెట్టు) (बॉस) (മുള)



66. *TAMARINDUS INDICA* (Tamarind)  
(చింత చెట్టు) (ईमली) (വായ്പ്പട്ടി)



67. *FICUS BENGHALENSIS* (Banyan tree)  
(మేడి చెట్టు) (बदाम) (പേരാൽ)



68. *ACACIA NILOTICA* (Babul)  
(తుమ్మ చెట్టు) (बबूल) (ബബൂൾ)



69. *TERMINALIA BELERICA* (Bahera)  
(తనిక చెట్టు) (बहेरा) (താനി)



70. *FICUS RELIGIOSA* (Peepal tree)  
(చామర) (पीपल) (നാഗരത്രി)



71. *FICUS RACEMOSA* (Fig tree)  
(అమర చెట్టు) (फिगर) (അമ്മാ)



72. *PONGAMIA PINNATA* (Indian Beech)  
(పొంగిచెట్టు) (పంక) (മുള)



73. *LYCOPERSICON ESCULENTUM* (Tomato)  
(ടാమేటో) (टमाटर) (തക്കാളി)



74. *SOLANUM TUBEROSUM* (Potato)  
(പൊട്ടേറ്റോ) (आलू) (ഉരുളക്കിഴങ്ങ്)



75. *ARGYREIA NERVOSA* (Elephant creeper)  
(ഐന്ദ്രിയം) (एलफन्टा) (നാളിയാ)



76. *ABELMOSCHUS ESCULENTUS* (Ladies' finger)  
(ലേഡീസ് ഫിംഗർ) (भिंजी) (ബിണ്ട)



77. *BRASSICA OLERACEA* (Cabbage)  
(കാബേജ്) (ਬਲਗਾਬੀ) (ബ്രാസ്സിക്ക)



78. *CUCURBITA MAXIMA* (Pumkin)  
(പമ്പൂർ) (कुहडा) (കുറുന്ത)



79. *VITEX NEGUNDO* - Nochi (Chaste tree)  
(നോച്ചി) (निमगुंडी) (നെച്ചി)



80. *ALLIUM SATIVUM* (Garlic)  
(ഘരിക്) (लहसून) (റെളുളുള)



81. *CALOTROPIS GIGANTEA*  
(జిల్లేడు) (अकौन) (എരിക്ക്)



82. *SYZIGIUM CUMINI* (Black Berry)  
(నేరేడుపండు) (जामुन) (ബാവൽ)



83. *PSYDIUM GUAJAVA* (Guava)  
(జామచెట్టు) (अमरूद) (പേര)



84. *RICINUS COMMUNIS* (Castor plant)  
(ఆముదముచెట్టు) अरंडी (गारडी) (ആവണക്ക്)



85. *CITRUS RETICULATA* (Orange)  
(కమల) (मनरा) (മറഞ്ച)



86. *ACALYPHA INDICA* (Indian Acalypha)  
(కష్మి) (वृषभा) (കുപ്പമേനി)



87. *SCOPARIA DULCIS*  
(మిరియం) (मीठा धास) (കല്ലുരുക്കി)



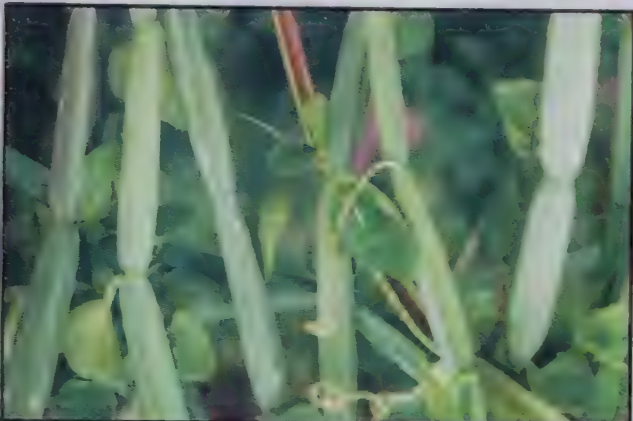
88. *EMILIA SANCHIFOLIA*  
(మిరియం) (മുത്തക്കിഴി) (മുത്തക്കിഴി)



89. *BACOPA MONIERI* (Brahmi)  
(పాపరాణివెలు) (బ్రహ్మ) (బ్రహ్మి)



90. *CENTELLA ASIATICA* - Brahmi (Indian Pennywort)  
(పెన్సీవర్త్) (బ్రాహ్మి) (కెన్సెర్ర)



91. *VITIS QUADRANGULARIS* - (Bone Setter)  
(నల్లెర) (బోన్సెటర్) (చిరబింబి)



92. *RAUVOLFIA SERPENTINA* - Sarpagandh  
(పాతాళగణ్) (సర్పగంధ) (అంజనా)



93. *COLEUS AROMATICUS* - Country borage  
(చామల) (కౌలీ) (చామల)



94. *PHYLLANTHUS EMBLICA* - Gooseberry  
(ఉసిరికాయ) (ఆవలా) (అమ్మి)



95. *BETA VULGARIS* (Beetroot)  
(బీట్‌రూట్) (బీట్‌రూట్) (బీట్‌రూట్)



96. *RAPHANUS SATIVUS* - Radish (Mullangi)  
(మల్లంగి) (మల్లంగి) (మల్లంగి)



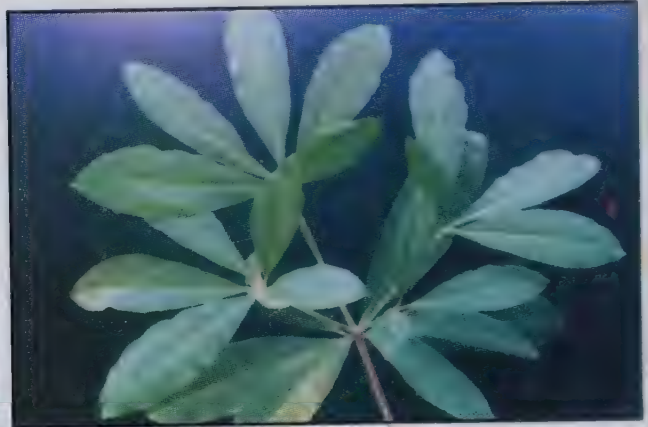
97. *CAPSICUM ANNUM* (Chilli)  
(పచ్చి మిర్చి) (मिर्चा) (ചിനി, മളുക്)



98. *CITRUS MEDICA* (Lemon)  
(పసుకాయ) (ليمون) (ചെറുനാരങ്ങ)



99. *HEMIDESMUS INDICUS* (Indian Sarsaparella)  
(సుగంధిపాల) (अनन्तमूल) (നറുനീണ്ടി)



100. *ALSTONIA SCHOLARIS* (Dita bark)  
(పదాకులపాల) (आमो) (എഴിറോട്ട) (Dita)



101. *CURCUMA LONGA* (Turmeric)  
(పసుపు) (हल्दी) (മഞ്ഞൾ)



102. *CLERODENDRON INFORTUNATUM*  
(పిల్లకల్లు లు.) (മാ) (ചെറിയവേല)



103. *TRACHYSPERMUM ROXBURGHIANUM* (Ajowan)  
(అజొవాన్) (अजोवन) (അജോന)



104. *CINAMOMUM ZEYLANICUM* (Cinnamon)  
(పొదిపమెక్క) (ചെറുചെടി) (കയാമ്പട്ട)



105. FENICULUM VULGARE (Saunf)  
(సోంఫు) (साफ) (പൊതുജീരകം)



106. PIPER LONGUM (Long pepper)  
(పొంగు) (పొంగి) (విప్పి)



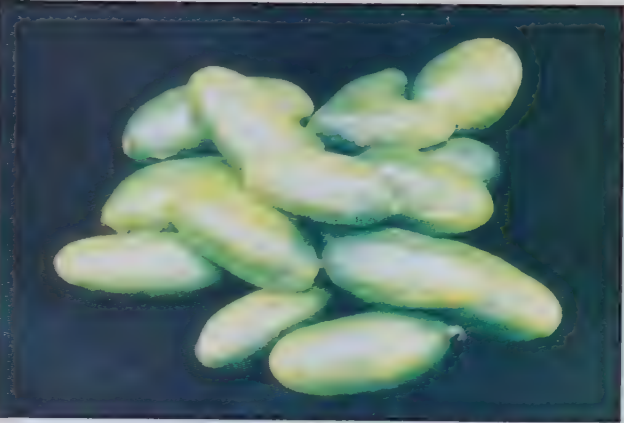
107. CLITORIA TERNATEA (Aparajit)  
(అపరీత) (अपराजित) (ശബരിപ്പൂ)



108. ZINGIBER OFFICINALE (Ginger)  
(అల్లము) (अदरक) (ഇഞ്ചി)



109. DAUCUS CAROTA (Carrot)  
(నాల్గడుండు) (गाजर) (കററ്)



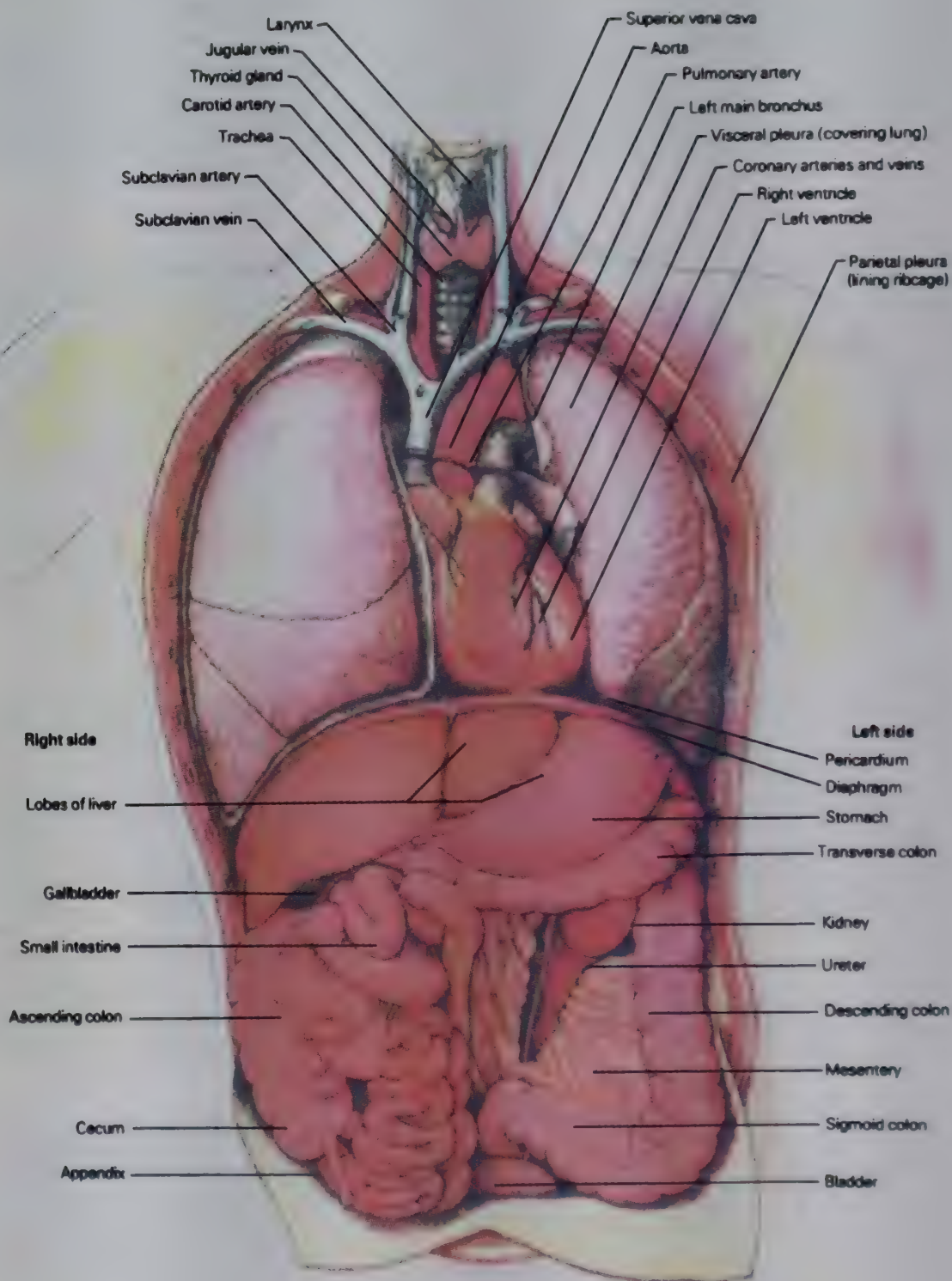
110. CEPHANDRA INDICA (Kundru)  
(దొండకాయ) (कुन्डू) (കോവൽ)



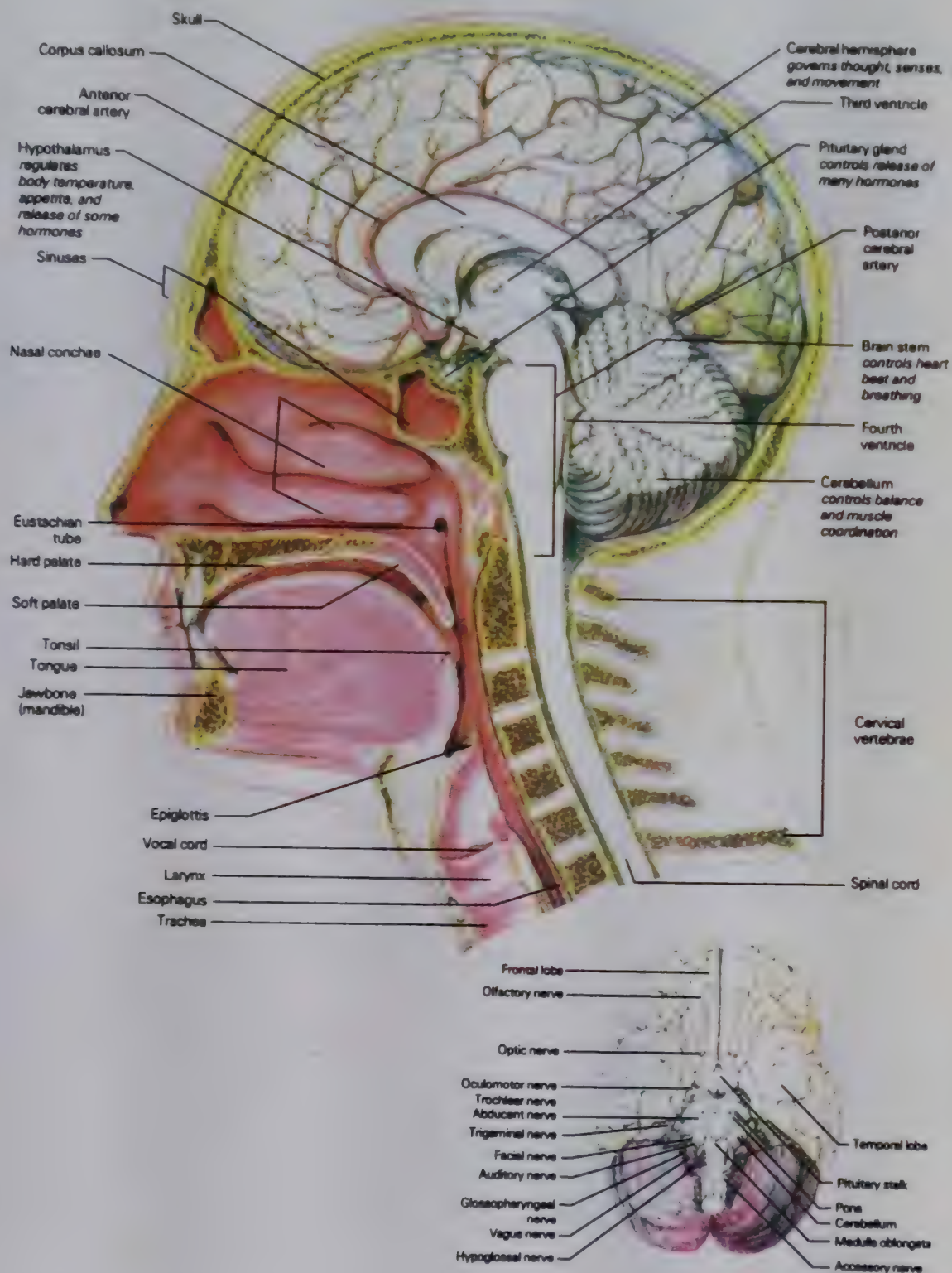
111. MOMORDICA CHARANTIA (Bittergourd)  
(మోరీ) (मोरी) (ചൊറിച്ചി)



112. PIPER BETEL (Betel Leaf)  
(పానపత్త) (പൊറ്റി)



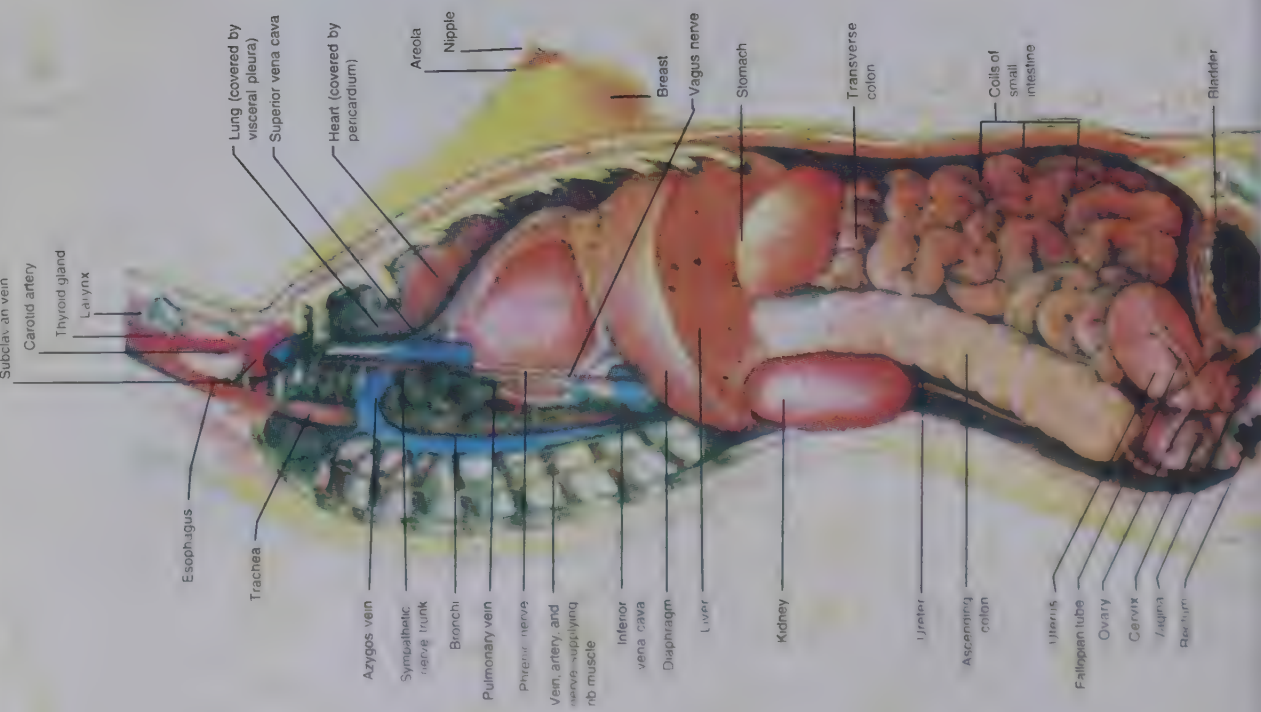
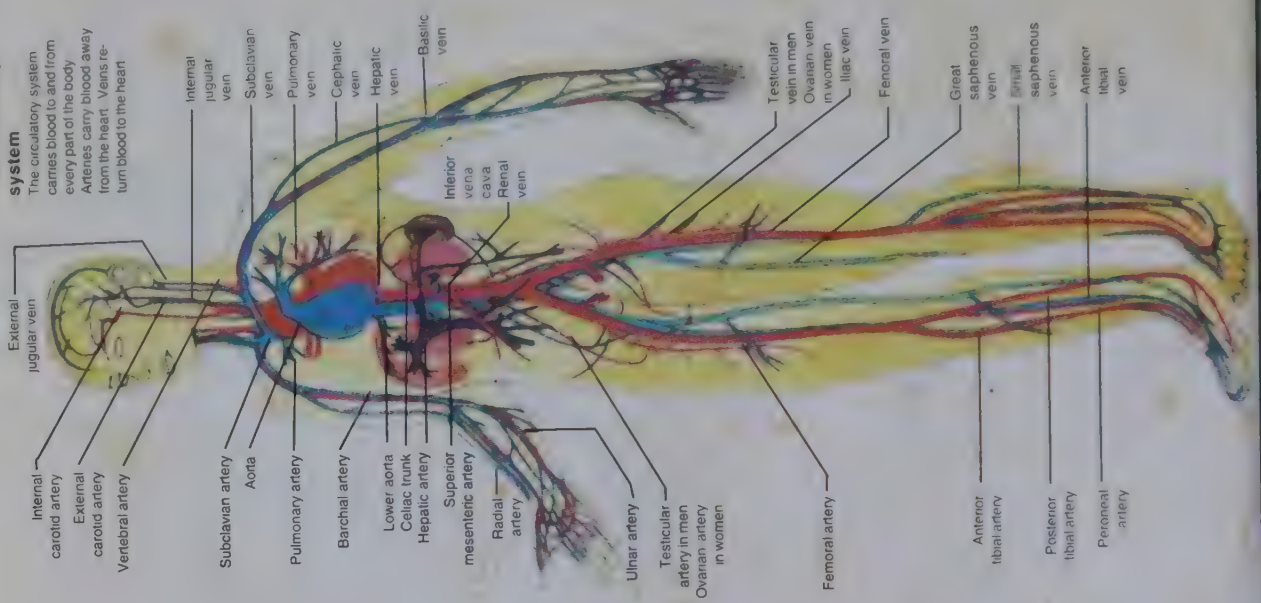
Courtesy: Health Atlas



Courtesy: Health Atlas

# The circulatory system

The circulatory system carries blood to and from every part of the body. Arteries carry blood away from the heart. Veins return blood to the heart.



## SECTION -II

# INDEX OF DISEASES WITH RELEVANT INFORMATIONS

(The numbers refer to the corresponding numbers in section IV)

- Abdominal pain : 45.1
- Abortion, habitual : 17.4; 30.19; 103.3
- Abdominal viscera, enlargement of : 67.1
- Abscess = localized collection of pus formed as a result of the action of certain Organisms: 36.1; 87.10
- Acidity : 32.2; 112.1
- Acne : 8.6; 15.4; 16.2; 20.1; 40.4; 92.2
- Alcohol, addiction to/intoxication : 5.7; 22.2
- Alterative =an agent that corrects the nutritional disorder and restores it to the normal functioning of the system: 109.2
- Amenorrhoea (see under menstrual problems)
- Allergy caused by marking nut tree: 84.6; 15.13
- Allergy: 4.8; 16.1; 56.7; 88.10
- Amoebic dysentery (see dysentery)
- Anemia= a disorder due to lack of red blood cells or decrease in their haemoglobin content.
- Prevention:* Include sufficient leafy vegetables in the diet along with Carrots and Papaya
- Remedies:* 25.5; 30.2; 32.1; 38.1; 40.3; 41.1; 85.9; 112.1 (see, weakness)
- Anemia in Children 1.3
- Anemia in infants : 43.6
- Angina Pectoris = Severe but temporary attack of heart pain. 7.6
- Anti- infective (anti biotic): 72.1
- Antidote to alcohol poisoning : 23.2; 80.7
- Antidote to *Bilva* (marking nut tree) allergy: 15.13
- Antidote to *Datura* intoxication: 80.7
- Antidote to Jackfruit and curds (overeating) : 12.13
- Antidote to *Kalihari* (*Gloriosa superba*) : 12.18
- Antidote to *Jamalgotta* (*Crotton tiglium*) 15.12
- Antidote to Mercury poisoning : 23.2
- Antidote to *Strechinos* - *Kuchla* (strychnine poisoning): 12.17

Antidote to Vegetable poisoning :23.2

Ants, to keep away: 9.13; 16.12

Appetite, lack of : 5.2; 9.2; 12.10; 58.6; 82.10; 94.9

Arterio sclerosis = hardening of arteries : 25.2

Arthritis = Inflammation of joint. 10.1; 12.14; 19.9; 23.3; 96-5; 97.4

Arthritis, chronic: 96.5

Ascites = free fluid in the peritoneal (covering membrane of the abdomen) cavity 67.1 (see also dropsy)

Asthma= attack with difficulty in breathing in and wheezing while breathing out.

*Prevention:* A relaxed, tension free life is important. Practice *yogasanas* regularly. Follow a well regulated life. Avoid polluted environment as far as possible; also avoid carpet dust, hair and feathers of pet animals. Let stomach be empty while going to sleep [See 76.1; 98.8]

*Remedies:* 2.4; 4.3; 5.11; 6.6; 9.7; 19.9; 54.8; 57.8; 62.10; 72.7; 76.1; 87.4; 89.11; 90.2; 92.1; 95.3; 97.11; 98.1; 98.8; 104.1; 107.1

Backache (lumbago) =a symptom of several diseases like, arthritis, lung TB, sprain, slipped disk, pinched nerve, gall bladder problem, urinary problem, pregnancy or menstruation (in some women), problems in uterus, or ovaries. 3.5; 10.8; 12.6; 54.6; 88.7; 89.7

Bath for infants : 79.9

Bedsore: 78.13; 96.6

Bites of cats : 4.12

Bites of rats : 60.8; 76.14; 87.5

Black head (see acne)

Bladder stone (see stone in the bladder)

Bleeding (internal and external) : 23.1; 43.5

Bleeding from lungs : 34.1

Bleeding from nose (especially in summer) : 15.14

Bleeding of gums : 81.2

Bleeding in pregnancy : 102.2

Blocked nose : 10.2; 16.9; 76.13

Blood pressure, high (Hypertension): It is mostly a life style sickness – resulting from sedentary living and doing no physical work : 2.4; 3.4; 3.7; 12.5; 15.2; 25.2; 30.1; 48.2; 54.7; 68.2; 75.6

Blood pressure, low = this is often the result of weakness, lack of blood: 19.13; 60.9

Blood, to purify : 22.9; 26.3; 40.2; 41.8; 51.9; 58.2; 76.5; 90.3; 93.3; 109.2

Body pain : 34.7; 79.5; 80.2; 96.1

Body strength : 111.2

Boils = an acute inflammatory condition, surrounding a hair follicle, usually with suppuration: 1.12; 3.1; 16.8; 30.4; 36.1; 46.6; 47.5; 70.2; 76.9; 83.8; 85.8; 94.4; 101.4; 111.3

Breath, bad : 8.3; 9.10

Breast abscess : 52.8; 106.2

Breast milk, lack of : 1.2; 8.2; 13.4; 14.4; 31.5; 52.7; 63.1; 79.4; 99.4

Breast milk, to check secretion of : 106.2

Breast milk, to purify : 39.10

Breathing difficulty (see also asthma) : 7.3; 14.2; 48.9

Bronchitis = inflammation of the bronchi : 47.3; 57.8; 85.12; 86.1; 98.1; 107.2  
Bronchitis in children : 76.3

Bronchial asthma : 54.8

Bruises : 38.4 (see also cuts and wounds)

Burns : 4.4; 19.11; 32.6; 69.3; 70.2; 73.1; 79.8; 83.7; 83.11; 94.1

Burning of feet : 69.2

Calcium deficiency : 85.4

Cancer : Cancer is an abnormal, inordinate and very fast multiplication of cells in any part of the body  
*Prevention* : 16.7; 70.1.  
*Remedies*: 19.9; 70.1; 75.7

Carbuncle : it is an acute inflammation (like boil) which involves several hair follicles and surrounding tissues forming extensive slough with several discharging sinuses 29.3; 37.2 (see also boils)

Cataract = opacity of the crystalline lens or its capsule. It may be congenital, due to old age, traumatic or due to diabetes mellitus: 83.3; 98.9

Catarrh = inflammation of mucus membrane with constant flow of mucus: 96.11

Centipede poison : 4.13

Chest congestion : 7.4; 10.9; 95.5

Chest pain : 110.6

Chicken pox = a mild infection caused by a virus. 89.5; 94.3

Chilblains = congestion and swelling with itching and burning sensation due to cold. : 1.14; 73.1; 98.7;

Children, late to talk : 71.5

Cholera = acute epidemic disease characterized by “rice water” stools, cramp and collapse.

*Prevention* : Keep proper hygiene. When there is an epidemic, take vaccination. Also, drink clean, and if possible, boiled water.

*Remedies* : 5.1; 10.7; 11.8; 17.3; 22.4; 35.2; 79.1; 83.10

Cholesterosis = Abnormal deposition of cholesterol (a crystalline substance of fatty nature) in the brain, blood, bile, liver, nerves.

*Prevention* : Control the diet and have enough physical work / exercise. See 1.4; 2.4

*Remedies* : 1.4; 2.4; 3.5; 4.1; 15.2; 112.2

Chorea = A disease manifested by irregular and spasmodic movements, beyond control of the patient. 71.3

Circulation for proper, in old age : 21.5

Cirrhosis of liver (see liver problem) : 22.3; 48.5; 49.3

Cold = Common cold: a mild virus infection with runny nose, and sometimes sore throat.

*Prevention* : 12.9; 98.8

*Remedies* : 1.1; 3.7; 5.2; 8.5; 10.4; 11.2; 12.1; 12.8; 12.9; 13.2; 16.1; 16.9; 30.8; 43.1; 45.8; 51.1; 65.6; 65.9; 76.4; 76.13; 85.7; 95.8; 98.4; 98.8

Colic = severe pain resulting from periodic spasm in the abdominal organs. Common are biliary colic, intestinal colic, renal colic, uterine colic (dysmenorrhoea): 14.3; 17.2; 19.1; 45.2; 65.2; 68.3; 101.1

Colitis (ulcerative) = inflammation of the colon accompanied by ulceration (cause unknown); there could be diarrhoeal stools accompanied by mucus and blood: 15.1; 19.1

Complexion (to be fair): 19.13

Conception, to prevent: 106.4

Confusion, to clear : 110.1

Contusion = bruise, slightly bleeding into the tissues, whilst the skin remains unbroken: 96.10

Conjunctivitis: inflammation of the conjunctiva (the transparent membrane of the eyes) 15.6; 16.5; 30.3; 38.3; 46.2; 51.3; 57.5; 65.1; 80.6; 81.6

Constipation: 5.2; 19.3; 21.4; 25.1; 27.1; 31.2; 35.4; 39.2; 41.2; 56.9; 70.5; 74.2; 75.5; 87.9; 88.6; 91.2; 104.3

Cockroach: to chase: 9.12

Convulsions (see fits) Involuntary contraction of muscles resulting from abnormal cerebral stimulation. It may occur with or without loss of consciousness 37.5; 65.4.

Convulsions during pregnancy : 82.12

Corn : a cone shaped, overgrowth and hardening of epidermis, with the point of the cone into the depth layers: 12.11; 23.11; 57.4; 97.8

Cough = It is not a disease in itself. It is the attempt of the body to throw away what is unwanted in the lungs, bronchus and trachea-like smoke, dust, phlegm. It could be the sign of cold, flu, intestinal worms, bronchitis, pneumonia, asthma, TB:

2.4; 3.5; 7.3; 9.1; 9.7; 11.2; 14.2; 16.1; 23.6; 30.5; 40.6; 65.2; 65.10; 72.4; 76.3; 77.5; 81.7; 84.1; 86.1; 87.11; 89.6; 95.1; 95.2; 95.4; 95.8; 98.1; 98.4; 104.1; 106.1

Cough, dry and persistent: 78.12

Cramps, muscular: 9.3

Cracks on skin / feet: 3.2; 4.9; 34.8; 79.11; 87.6; 88.2

Cracks on nipples: 99.3

Cystitis = inflammation of urinary bladder usually caused by bacteria.55.2

Cuts and wounds : 1.12; 4.4; 5.6; 38.4; 42.3; 43.3; 44.1; 46.1; 51.4; 57.1; 70.2; 73.1; 75.2; 78.5; 84.2; 85.13; 95.9; 101.4

Dandruff = a scaly condition of the scalp: 23.5; 25.4; 53.6; 70.3

Dehydration : 6.8

Delivery, exhaustion after: 7.2

Delivery, for easy: 13.4; 59.3; 87.8; 89.13; 103.3

Delivery, tonic after: 39.9

Depression: 6.1

Diabetes: It is a metabolic disorder. The malfunctioning of the pancreas causes diabetes mellitus. There will be sugar in the urine and excess sugar in the blood, weakness and excess thirst. Diabetes insipidus is caused by the lack of anti-diuretic hormone manufactured by posterior pituitary gland. There will be large volume of urine with low specific gravity and excess thirst. It is less common.

3.3; 3.7; 4.1; 4.10; 22.5; 23.8; 33.4; 34.4; 36.2; 54.4; 58.3; 75.3; 78.10; 81.9; 82.7; 87.3; 88.8; 89.1; 94.12; 112.1

Diarrhoea (loose motion) May be caused by malnutrition, worms, indigestion, change of climate, shock, fear, virus infection, food poisoning, malaria, allergy to certain foods, infection in the body etc.

*Prevention* : Maintain proper hygiene – of food, person and surroundings. Take adequate, balanced diet. Avoid over-eating.

*Remedies* : 4.7; 6.3; 6.7; 19.8; 32.2; 33.1; 34.1; 35.1; 35.2; 39.1; 39.2; 41.3; 42.1; 42.6; 57.6; 62.8; 72.3; 75.1; 76.4; 79.1;

80.13; 81.2; 84.3; 84.9; 88.3; 90.3; 92.7; 102.1

Diarrhoea in summer : 6.5

Diarrhoea, in pregnant women : 9.9

Diarrhoea, in infants : 12.3; 62.6

Difficulty in breathing : (see asthma): 106.1

Discoloration, around eyes : 4.11

Discoloration, of skin : 100.4

Discoloration on face : 3.9; 93.3

Dog bite : 97.6

Dropsy (see ascites) : 47.9

Dysuria (see difficult / painful urination)

Dysentery: Inflammation of the lower intestine with evacuation of mucus and blood, accompanied by tenesmus and colic, caused by *amoebic or bacillary protozoon*. Often it is due to eating over spiced food or hard-to-digest fatty substances.

*Prevention* : Maintain hygienic diet and cleanliness of person and surroundings.

*Remedies* : 4.7; 5.2; 6.7; 15.1; 32.7; 33.1; 34.1; 34.2; 39.1; 41.4; 42.1; 42.6; 46.7; 52.2; 57.6; 66.2; 68.3; 75.1; 76.4; 81.2; 84.3; 84.9; 88.5; 89.8; 92.7; 102.1

Dysentery, chronic: 34.2; 42.6; 53.5

Dysmenorrhoea, (see under menstruation)

Dyspepsia (see indigestion)

Earache : 1.5; 12.2; 18.1; 64.3; 76.6; 90.7; 94.1; 101.3

Ear flow : 30.13; 94.1; 101.3

Eczema : The precise meaning of eczema is not agreed upon in modern medicine. It is a skin disease appearing on any part of the body like rashes and patches often with severe itching. There may be sores and blisters and fluid oozing (weeping eczema) or there may be only hard crusts (dry eczema) 29.2; 31.8; 44.1; 56.6; 58.5; 90.8; 97.4

Elephantiasis: Swelling of a limb (usually leg) as a result of lymphatic obstruction, followed by thickening of skin and subcutaneous tissue; a complication of filariasis in tropical countries as a result of recurring infection caused by bacteria called *streptococcus*. 49.5

Epilepsy : Epileptic patient gets fits during which there is uncontrolled movement of the body, of which the patient is unaware of. It may be due to abnormal electrical discharge in the brain. 10.10; 23.7; 43.7; 47.1; 65.4; 71.4; 72.2; 85.7

Exhaustion : 110.5

Eye problem : 70.9

Eye, injury of : 106.5

Eye, irritation of : 14.1

Eye, itching of : 57.5

Eye, sore (see conjunctivitis)

Eye, strain : 14.1

Eye, to improve the sight : 15.7; 19.13; 31.6; 49.8; 63.1; 82.2; 83.2; 85.14

Eye, various problems of, : 70.9

Eye, watering of : 57.5; 81.4

Face, discoloration of : 93.3

Fainting : 1.6; 37.5

Fair complexion: (of infants): 79.10; 93.3

Fatigue : 10.1

Feet, burning of : 69.2

Fever : It is the elevation of body temperature above the normal i.e. 98.6<sup>0</sup> F. It is symptomatic of infectious conditions like influenza, malaria, pneumonia, typhoid, diphtheria, mumps, rheumatic fever, small pox, measles, kala azar, TB, heat exhaustion etc. The nature of fever varies with the diseases.

1.1; 2.4; 5.2; 5.3; 6.7; 9.6; 11.5; 13.2; 14.2; 15.9; 30.8; 43.1; 45.8; 47.10; 51.1; 52.4; 65.2; 65.8; 70.5; 72.4; 76.4; 77.1; 85.5; 94.7; 94.8; 103.5; 108.2

Fistula of anus : 54.3; 62.11

Fits (see convulsions, epilepsy) :

Flatulence (gas): It is the accumulation of gas in the stomach and intestines leading to distension.

*Prevention* : (see prevention in indigestion)

*Remedies* : 3.3; 5.2; 9.2; 13.2; 14.3; 17.2; 26.2; 39.2; 58.6; 65.11; 74.2; 80.9; 82.10; 89.8; 104.3

Flu = an acute viral infection that may cause runny nose, cough, sore throat, pain in joints and body pain.

*Prevention* : 98.8

*Remedies* : 1.1; 5.2; 5.5; 8.5; 11.2; 12.8; 30.8; 43.1; 51.1; 58.2; 76.4; 94.8; 96.1; 98.8

Forgetfulness : 6.1

Fracture: 54.1; 64.1; 64.2; 88.11; 92.5

Freckles: = small, light brown spots on the skin. 79.6

Gallbladder problems : 25.3

Gas problem (see flatulence) :

Gastric ulcer: (see peptic ulcer)

Gastroenteritis: It is the inflammation of the mucus membranes of stomach and small intestine, usually caused by bacterial infection, manifested by nausea, vomiting and diarrhoea or dysentery.

*Prevention* : maintain proper hygiene: 9.11

*Remedies* : (see remedies for dysentery and vomiting, if these symptoms are present)

General tonic : 82.10; 83.1

Giddiness : 112.1

Glandular swelling : 36.1; 67.4; 94.11

Glandular swelling of the neck : 96.4

Goitick: Enlargement of thyroid gland : 1.7

Gonorrhoea: An infectious disease of venereal origin. Its chief manifestations in the male are inflammation of urethra and dysuria; in the female, urethritis and inflammation of mucous membrane of cervix uteri. 28.1; 33.7; 34.10; 48.4; 55.2; 66.4; 70.8; 81.8; 92.9; 103.4; 109.1; 112.1

Gout = painful swollen joints especially of the toes: 2.2; 27.2; 41.7; 48.1; 56.5

Gum problem : 30.6; 34.5; 94.2

Gum, bleeding of : 81.2

Gum, spongy : 89.10

Gum, swelling of : 49.10; 62.9

Haemorrhoids (see, piles)

Hands, pain in : 5.10

Hardness of hearing: 90.5;

Hardening of tissues: 70.4

Hair, falling of: 3.8; 23.12; 53.7; 82.5

Hair, growth: 3.8; 4.6; 47.7; 49.1

Hair wash: 37.6, 66.5

Hair, premature graying of : 49.4; 53.3

Head, heaviness of : 10.4; 85.7

Headache = pain of the head. Can be caused by tension, muscular contractions, strained posture, constipation, high as well as low BP, visual defects, fever, sinusitis, sensitiveness to certain things (especially chemicals), intake of excess caffeine, infection or inflammation in the body, exposure to excess heat and cold, poor nutrition etc.

1.8; 6.2; 6.10; 12.7; 15.5; 22.11; 30.14; 41.5; 45.9; 46.3; 50.5; 51.7; 59.4; 65.9; 69.1; 74.3; 79.11; 96.7; 96.11; 101.5

Headache due to cold: 8.1

Head lice:

*Prevention:* maintain cleanliness of hair

*Remedies:* 37.3; 101.6

Heart problems:

*Prevention:* 1.4; 12.4; 92.3

*Remedies:* 1.4; 22.11; 25.2; 40.5; 41.6; 48.2; 60.5; 79.2; 89.9; 92.3; 103.2; 104.4

Heart tonic: 47.2; 55.5

Heat exhaustion: Collapse with or without loss of consciousness due to high heat and humidity: Preventive: 1.10,

*Remedy* 34.3

Hemicrania (see migraine)

Hemiplegia =paralysis of one side of the body, usually resulting from a cerebro-vascular accident on the opposite side: 71.3

Hepatitis: (see under liver problems)

Hepatic coma: 62.1

Herpes = vesicular infection due to a virus called *Herpes zoster*. The virus attacks sensory nerves, with consequent severe pain and the appearance of vesicles (blisters) along the distribution of the nerves involved: 78.1; 94.1

Hiccup: 6.1

Hydrocele = swelling due to the accumulation of serous fluid in the tunica of testes or in spermatic cord: 83.6

Hysteria: 17.1; 37.5; 72.8

Immunity: a state of relative resistance to infection. 112.4; 112.5

Immunity to poisonous bites and stings: 94.13

Impetigo: An inflammatory, pustular skin disease, with honey-coloured crusts. 43.2; 50.4; 73.1

Impotence: Inability for sexual act: 2.4; 55.2; 63.1; 87.12; 105.1

Indigestion: (dyspepsia): Indigestion leads to several discomforts and problems like accumulation of gas in the stomach, burning sensation, eructation, diarrhoea and nausea.

*Prevention:* Keep the hands and surroundings clean. Tension, worry, anxiety, fear, feeling of guilt, anger, hatred – all these cause a lot of diseases, especially digestive disorders. Avoid tobacco, alcohol and too much chilli. Over use of chemical fertilizers and pesticides in cultivation can cause serious health problems.

*Remedies:* 2.4; 5.2; 5.5; 6.1; 7.8; 9.2; 11.1; 12.10; 12.13; 14.2;  
15.1; 16.1; 19.1; 26.2; 50.2; 62.8; 65.2; 72.3; 83.5; 85.3;  
86.2; 98.2; 104.3; 106.1; 112.1.

Indigestion in children: 52.6.

Infants, anaemic: 43.6.

Infants to bathe: 79.9

Infertility in men: Inability to produce progeny. It could be due to either nerve weakness or deficiency of semen. 30.11; 63.1; 87.12; 88.13 see also, impotence

Infertility in women: 39.5; 88.2; 89.12; 105.2

Infection = the successful invasion, establishment and growth of micro-organism in a tissue 72.1, 94.1.

Inflammations = the reaction of the living tissues to injury, infection, or irritation characterized by pain, swelling, redness and heat: 69.3; 70.2; 94.1; 95.9.

Inflammation of larynx: 106.1.

Injuries: 64.1 (see also cuts and wounds, burns, fractures)

Insanity: 68.2.

Insect bite: 1.11; 4.5; 16.8; 56.1; 68.1; 75.4; 97.4.

Insecticide: 72.9; 95.10

Insomnia: 1.18; 6.5; 13.1; 23.4; 54.5; 68.2; 69.7; 82.10; 84.4; 103.6; 105.1.

Intelligence: 47.6; 50.7; 105.1; 110.1; 111.2.

IQ: 72.5

Intestinal worms: Parasites that live in human intestine cause disease. Four most common types of intestinal worms are: ascarides (roundworm), pinworm, hookworm and tapeworm.

*Preventive measures:* Maintain proper hygiene in food, person and surroundings. To prevent hookworm: use *chappals*. Do not defecate in the open. To prevent tapeworm: when you eat pork meat, cook it very well and eat. To prevent roundworm and pinworms: maintain proper hygiene.

*Remedies:* 2.4; 4.10; 7.8; 12.12; 16.4; 19.2; 22.8; 24.1; 31.1; 42.2; 45.5; 52.1; 58.2; 62.2; 70.7; 72.4; 76.7; 77.4; 85.15; 94.6; 97.7; 101.2; 108.2.

Internal bleeding: 102.1.

Intoxication, by tobacco: 11.6.

Irregular menses (see under menstrual problems)

Itch: 1.14; 11.7; 56.4.

Itching and burning sensation: 94.1.

**Jaundice:** (see also liver problems, hepatitis) Jaundice is the condition wherein there is accumulation of bile pigment in the blood. 19.4; 34.6; 39.4; 49.2; 50.3; 53.1; 69.6; 83.9; 99.1; 112.2

**Joint pain:** 10.1; 56.5; 78.6.

**Joints, inflammation of:** 16.8

### **Kidney disorders**

**Nephritis** = inflammation of the kidney. (Blight's disease): simple or chronic. 4.2; 25.3; 55.6; 60.3; 112.2.

**Kidney failure:** = fibrous replacements of functional kidney tissues. (Seek expert medical care)

**Kidney stone:** gravel formation in the kidney: 30.15; 32.2; 46.5; 55.4; 59.1; 60.4.

**Labour pain, to induce:** 84.8; 86.6.

**Laxative** (see constipation)

**Legs, pain in:** 5.10.

**Leucoderma:** (white skin) It is due to defective skin pigmentation, especially when it occurs in patches or bands. 20.6; 85.10

**Leucorrhoea** = A sticky whitish vaginal discharge

*Prevention:* Anaemia can cause leucorrhoea; so take care of anaemia; have adequate and proper diet. Lack of cleanliness also causes leucorrhoea; hence pay attention to personal hygiene. Besides, avoid intercourse immediately after delivery or menses.

*Remedes:* 7.7; 16.6; 28.1; 30.19; 33.7; 34.1; 52.5; 55.3; 57.7; 66.1; 70.5; 80.10; 81.9; 82.6; 85.6; 87.13; 89.2; 93.2; 102.2; 105.1; 109.2; 112.1.

**Leprosy:** 44.1; 50.1; 78.4; 83.12; 90.1; 99.6; 110.4.

### **Liver problems:**

**General:** 22.3; 26.2; 49.9; 58.2; 69.6; 76.1; 94.9; 112.1.

**Cirrhosis of liver:** Degenerative changes in the liver resulting in fibrosis; it could be due to alcoholism.

*Remedes:* The remedies mentioned under liver problems, general will be useful. 22.3; 48.5; 49.3

**Enlargement of liver:** 31.12; 38.2; 53.2; 70.6.

**Hepatitis:** It is the infection /inflammation of the liver caused by virus. Depending upon the type of the virus there are Hepatitis A, Hepatitis B and Hepatitis C.

*Remedies:* Hepatitis A (or infective Hepatitis; also called Jaundice) 15.1; 19.4; 22.7; 34.6; 39.4; 49.2; 50.3; 53.1; 83.9; 99.1. 112.2

Hepatitis B and Hepatitis C: 53.1; 99.1.

Liver tonic: 53.2.

Longevity and youthfulness: 112.5

**Malaria:** Malaria is an infection of red blood cells caused by an organism called *Plasmodium*. There are 4 types: (1) *Plasmodium vivax* (2) *Plasmodium falciparum* (3) *Plasmodium ovale* and (4) *Plasmodium malariae*. Mosquitoes spread these organisms. Only numbers one and two are common.

**Prevention:** Take preventive measures against mosquitoes' breeding. Remove possibility of stagnant water. Put frogs or larva-eating fish in ponds etc. Take measures to prevent mosquito breeding in septic tanks – tie wire mesh on toilet pipes.

To build up immunity against malaria: 40.1; 58.2; 76.2; 78.14

**Remedies:** 94.7; 11.3; 22.10; 40.1; 46.4; 51.2; 58.1; 76.2; 77.1; 78.14; 90.3; 94.7;

Malaria, chronic: 11.4.

Maggots, to expel: 86.7; 96.9.

**Measles:** An acute virus infection, characterized by fever, rash and catarrh of mucus membranes. 85.11.

Memory booster: 47.6; 50.7; 67.3; 105.1; 110.1; 111.2.

**Menstrual Problems:**

**Preventive measure:** It is said that, if girls at the time of puberty (13-15 years) are given the decoction of *til* (sesame) with a little *jaggery* every month, for a few days, they will be free from all menstrual problems. *Til gudam* (*til-laddu*) also can be used.

General remedies: 1.13; 4.14; 5.8; 31.4; 48.4; 53.4; 55.3; 70.5; 86.3; 93.2

**Amenorrhoea** (absence of menses, scanty and irregular menses): This could be due to anaemia, weakness, fright, change of place and rhythm of life: 14.4; 19.7; 31.3; 33.5; 43.11; 66.1.

**Dysmenorrhoea** = painful menses. 5.8; 32.4; 62.8.

**Menorrhagia:** excess bleeding during menstrual flow. 15.3; 32.4; 33.5; 34.1; 53.4; 66.1; 82.9; 89.14; 102.2;

**Metorrhagia:** Uterine bleeding between menstrual periods; it could be due to some uterine problems like tumor or cancer. Have a proper check up. 19.7; 102.2.

**Menses, to delay after delivery:** 8.2.

Mental disorder (consult a specialist): 43.7; 50.9.

Migraine: a throbbing or dull headache, often one-sided, with severe pain on the back of eyes or ear along with nausea, vomiting, drowsiness and dizziness. It is caused by the contraction and relaxation of blood vessels. Tension, anxiety, over-concentration, inadequate sleep etc may cause migraine headache.

Remedies: 1.9; 7.9; 21.6; 30.20; 38.5; 45.6; 51.6; 59.5; 67.2; 74.4.

Miscarriage: (see habitual abortion)

Mongoose poison: 96.8

Morning sickness: Vomiting during the early months of pregnancy: 6.1; 9.5; 12.10; 98.3.

Mouth, bad smell: 15.10.

Mouth, watering from: 15.10

Mouth ulcer: 22.1; 48.7; 69.5; 82.11.

Mumps: An acute inflammation of the parotid (salivary) glands caused by a virus. 5.3; 61.2; 89.4; 94.11.

Nausea = a feeling of sickness without actual vomiting. 9.1; 15.1; 32.3.

Nerve tonic: 43.7; 111.2.

Nerve, weakness of: 1.3; 40.3; 76.10; 105.1.

Neuralgia = pain in the distribution of a nerve: 2.1; 30.12; 31.11; 58.6; 64.1; 72.8; 95.7.

Night blindness = inability to see in the twilight, mainly due to vitamin A deficiency.

*Prevention:* Include ripe papaya, carrot. *Agathi* (flower and leaves) in the diet

*Remedies:* 19.5; 30.18; 31.6; 48.6; 49.7; 56.3; 83.3; 85.4.

Night fever: 87.2.

Nipples, sore / cracked: 99.3.

Nosebleed: 15.14; 42.5; 43.12; 95.6.

Nose blocked: 16.9; 65.9; 76.13.

Nose, runny: 12.9; 76.13; 85.7.

Nutrition, help the process of: 74.5; 109.2

Obesity / over weight:

*Prevention:* Do sufficient physical work until you perspire well. Reduce high protein and fatty food like milk, meat, fish, egg, nuts etc. Buttermilk is all right.

*Remedies:* 4.1; 21.2; 26.1; 78.11; 92.6.

Old age, poor circulation in: 21.5.

Paralysis: Loss of muscular power (due to loss of or defective nervous function) to a part of the body: 2.2; 6.9; 71.3; 78.13; 110.4

Peptic ulcer: A non-malignant ulcer in those parts of the digestive tract, which are exposed to the gastric secretions i.e., stomach (gastric ulcer) & duodenum (duodenal ulcer)

*Prevention:* Avoid tobacco smoking, alcohol, spicy food and tension.

*Remedies:* 16.3; 19.1; 21.1; 23.3; 25.6; 27.1; 32.2; 39.3; 60.1; 63.1; 70.5

Piles (haemorrhoids) = Varicose veins of the anus or rectum which appear like little lumps of balls. It can be internal or external; bleeding or non-bleeding. It is usually seen as bleeding from the anus.

*Prevention:* avoid chicken meat and egg.

*Treatment:* 1.17; 16.10; 20.3; 22.6; 25.1; 30.20; 33.6; 34.1; 35.4; 43.4; 54.3; 60.2; 70.5; 78.8; 80.5; 88.1; 89.3; 93.1; 94.10; 100.2; 103.4

Pimples: (See Acne)

Pinworms (see under intestinal worms) 86.4

Placenta, to expel: 86.6

Pleurisy = inflammation of the pleura (i.e. the thin serous membrane covering the surface of the lung: 65.7

Pneumonia: It is an acute inflammation of the lungs, caused by an organism called *pneumococcus*. Its symptoms are fever, rapid shallow breathing, wheezing, chest pain and cough.: 2.4; 62.10; 76.3; 85.12; 86.1; 106.3; 110.2

Prickly heat: 13.3

Prophylactic = an agent that prevents disease. 76.12

Poisonous bites and stings: 30.10; 68.1; 77.7

Pregnancy, convulsion during: 82.12

Prolapsed uterus = the uterus descends into the vagina. 80.11; 81.8

Prolapsed anus: 81.8

Prolapsed rectum = the rectum descends outside the external oval sphincter. 37.7; 59.2

Prostrate disorders: 24.2; 97.3

Protein deficiency: 56.8

Psoriasis = A chronic skin disease with itching and scales-like appearance of the skin. 21.3; 31.8; 70.1; 78.6

Pruritis: itching: 16.11

Pyorrhoea: flow of pus from the teeth sockets.: 34.5; 49.10; 81.1

Rashes: 79.3; 84.7

Rash caused by spider: 98.5

Rat bite: 60.8; 76.14; 87.5

Rejuvenating: 82.8

Rheumatism = A general term denoting different groups of diseases and syndromes which have a common disorder of connective tissues, with pain, stiffness, swelling of muscles and joints. The main diseases under rheumatism are: acute rheumatism or rheumatic fever, rheumatoid arthritis, osteo-arthritis, spondylosis, muscular rheumatism, gout.

2.2; 3.5; 5.3; 6.2; 6.9; 10.1; 10.9; 12.14; 41.7; 48.1; 64.4; 69.3; 70.1; 71.3; 77.3; 78.7; 85.1; 88.7; 90.6; 96.2; 97.1; 99.5; 103.4; 109.2; 110.4; 112.2

Rheumatic swelling: 54.2; 95.7

Rickets = A disorder of calciura and phosphorous metabolism associated with deficiency of vitamin D: 40.3; 85.4

Ringworm = A contagious infection of the skin by a fungus, often in circular patches.:

2.1; 10.6; 20.1; 56.4; 78.6

Ringworm of the scalp: 97.4

Scabies = Itchy little bumps on the skin caused by tiny parasitic mites

Prevention: maintain proper hygiene of the person and clothes

Remedies: 19.11; 34.9; 35.3; 45.3; 46.8; 62.3; 78.2; 78.6; 79.3; 85.2; 95.9

Scars: 16.2; 73.1

Sciatica = pain in the line of distribution of sciatic nerve (i.e. buttock, back of the thigh, calf and foot) 2.2; 2.4; 56.5; 64.1; 77.2

Scorpion sting: 44.2; 45.4; 48.8; 49.6; 56.2; 57.3; 73.2; 78.9; 80.4; 97.4

Scrotum, swollen: 97.2

Scurvy = a deficiency disease caused by lack of vitamin C. There will be bleeding from the gums, swelling, pain at the ends of long bones: 20.2; 34.4; 35.5; 40.2; 77.6; 98.6

Semen, to increase / low sperm count : 7.5; 39.8; 66.3

Sexual weakness: 6.4; 23.6; 84.5

Sexual debility in men: 81.6; 112.3 (see impotence also)

Silver fish, to chase: 9.12

Sinusitis = acute or chronic inflammation of the hollows in the bones that open into the nose: 45.7; 51.10; 85.7

Skin problem: 4.10; 19.11; 19.13; 23.13; 29.1; 48.3; 50.8; 62.5; 76.8; 78.13; 84.2; 87.7; 91.5; 94.1; 95.9; 97.4; 108.2



Synovitis = inflammation of the synovial membrane (i.e. the lining of the joint capsule): 111.1

T.B.= a specific infective disease caused by *mycobacterium tuberculi*, commonly affecting the lungs; it can also affect any other part of the body like the intestine, bone, joints, gland, brain, skin: 36.3; 95.5; 98.1; 105.3; 110.3

Tape worm = (see under intestinal worms)

Taste, loss of: 8.4

Thirst excess: 15.11

Throat problems / infection: 2.4; 72.4; 72.6

Tinea: ringworm: 23.13; 78.6

Tingling pain: 1.15

Toe nails, in growth: 69.4

Toes, infection between, in rainy season: 43.10;

Tonsillitis = inflammation of the tonsils: 61.1; 71.2; 81.3

Tonic for growth of children: 19.10

Tonic, general: 52.3

Toothache: 9.4; 31.9; 71.1; 81.1; 99.2

Tooth decay, to prevent: 19.6; 94.2

Tumour = a swelling. It is a mass of abnormal tissue growth, at the expense of the body. Benign (simple) tumour does not infiltrate adjacent tissues. Malignant tumour infiltrates and affects adjacent tissues. eg. Cancer 2.1; 37.1; 70.2

Typhoid = an infectious fever caused by a bacillus called *Salmonella typhi*. It spreads through contaminated food and water:

*Prevention:* Pay attention to cleanliness, especially in food and drink.

*Remedies:* 2.3; 39.6

Ulcer = an open sore in a body surface. In the stomach (see peptic ulcer): in the colon (see colitis, ulcerative): in the mouth (see stomatitis)

*Remedies for external Ulcer:* 2.1; 6.2; 21.3; 31.7; 37.2; 44.1; 54.1; 56.4; 56.5; 58.5; 69.4; 70.2; 83.7; 84.2; 86.5; 88.4; 90.6; 92.10; 95.9; 96.3; 102.3

Urinary bladder, stone in: (see stone in bladder)

Urinary infection: 20.4; 57.2

Urinary problems: 7.5; 23.9; 24.2; 47.8; 51.8; 60.3;

Urine, blood, in: 30.16; 80.12; 100.1

Urine, retention of: 2.2; 5.4; 7.1; 7.10.23.10; 28.1

Urination, difficult / painful: 7.10; 15.8; 28.1; 30.9; 43.8; 55.4; 65.3; 100.1; 103.1

Urination, burning sensation in: 7.1; 82.4; 100.1; 103.1

Urine excess: 30.17; 32.5; 100.3

Uric acid diseases: 27.2;

Urethra, bleeding from: 95.6

Uterine bleeding: 93.1

Urticaria = allergic skin eruption: 112.2

Uterine problems: 74.1; 104.2

Varicose veins = A condition in which the veins become dilated, swollen and twisted due to the failure of the valves in the vein. This prevents the proper flow of the blood back to heart: 70.1; 73.1; 92.4

Vaginal problems: 81.8

Vertigo: 22.11

Vitality, lack of: 76.10

Voice, for sweet: 80.1; 84.1

Voice, loss of: 65.5; 98.4

Voice, hoarse: 84.1

Vomiting: 6.7; 7.1; 9.1; 9.2; 10.7; 12.10; 22.11; 32.3; 33.3; 62.8; 65.2; 72.3; 76.7; 79.1; 87.1; 88.9; 98.3

Vomiting in pregnancy = (see morning sickness):

Vomiting of breast milk: 39.7

Vomiting of blood: 43.9; 92.7

Vomiting to induce: 10.3

Vomiting due to food poisoning: 16.1

Warts: 12.11; 23.11; 57.4; 97.8

Water, to purify: 30.7; 72.10

Weakness: 6.1; 32.1; 34.2; 41.1; 82.10; 94.5; 102.4 (see anaemia also)

Whitlow = suppurative inflammation around the finger/toe nail. 1.16; 69.4; 70.2

White ants, to prevent: 3.10

Whooping cough = an infectious disease, mainly affecting children, with attacks of cough which reach a peak of violence ending in a loud respiration. It is caused by an organism called *Heamophillus pertussis*: 2.4; 9.8; 20.5; 42.4; 78.12; 97.5; 107.2; 108.2

Worms, intestinal: (see intestinal worms)

Wounds, to clean: 2.5; 10.5; 37.4; 83.7; 96.3; 102.3

Wounds, infected: 16.8; 21.3; 30.4; 31.7; 46.1; 51.5; 54.1; 69.4; 78.5; 80.3; 81.10; 86.5; 90.4 (See also cuts and wounds)

Wounds, old and not healing: 54.1

Wound by glass: 5.9

Wrinkles, on face, to remove: 19.12; 20.1

## SECTION - III

# METHOD OF PREPARING AND ADMINISTERING HERBAL MEDICINE

Herbal medicines are usually taken on an empty stomach unless specified otherwise. It is taken with cold water, hot water, honey, ghee, buttermilk etc. These are called vehicles. Vehicles facilitate the action of the medicine.

The dosage, frequency and mode of administration of the medicine depend upon various factors like the constitution of the patient, type of the sickness and severity of the sickness. So, keeping this in mind, adjust the dosage etc. of the remedies given in the following pages.

Some medicinal plants like coriander, fenugreek are food items. These can be taken as free doses.

There are some items like pepper, asafoetida, *Isormool* that are very strong drugs. One pinch of these in powder form will be sufficient for a dose.

Very bitter drugs like *neem*, *parijat*, *adusa*, should not be taken too much because they may bring down the sugar level in the system.

We have avoided poisonous plants in this book, except *Calotropis gigantea*. Its poisonous effect is mentioned in the text. People in village are usually acquainted with the plants which are poisonous and which are safe. When you collect a plant, make sure that the right ones are selected.

### **Different Preparations**

**Juice (*swaras*):** To prepare the juice from a herb/herbs, crush the material and squeeze out the juice. If juice is to be taken from the bark, some water has to be sprinkled while crushing. The usual dose for juice is 5-10 ml (1-2 teaspoonful).

**Paste (*kalka*):** To make a paste from a fresh plant, crush the material.

A little water or the prescribed liquid may be added. If the material is dry, it should be finely powdered, before making the paste.

**Infusion:** Infusion can be either hot (*Phanta*) or cold (*Himam*).

**Hot infusion:** Powdered or crushed drugs are put into 6-8 times its weight of boiling water. Keep it covered until the water becomes cool or till the prescribed time. The solution is strained out and used. Usual dose is 10-30 ml.

**Cold infusion:** Crush the medicines and soak them 6 – 8 times their weight of cold water overnight or as prescribed. Pour out the solution. Usual dose: 30-60 ml.

**Decoction (*Kashayam*):** Boil the medicines in 4, 6, 8 or 16 times their weight of water and reduce it to  $\frac{1}{2}$  or  $\frac{1}{4}$  or  $\frac{1}{8}$ th as prescribed. Filter the decoction and use. The dose is 10 – 30 ml.

**Powder (*Churnam*):** The medicines are finely powdered and strained through a fine cloth. Churnam should be preserved in an airtight container. The shelf-life of churnam is usually 6 months. Dose: 4–15g.

**Pills:** Mix the finely powdered medicine with the prescribed solution; knead it well and grind into a fine paste. Roll it into pills and dry them in the shade. The shelf-life of pills also is 6 months.

**Confection (*Lehyam*):** Prepare either a strong decoction or a fine powder or juice of the medicine/medicines. Make *jaggery* syrup. Add the medicine(s) to the syrup and boil on slow fire to a thick consistency. Keep on stirring, as long as the syrup is on fire. Cool it and preserve it in a clean container. Dose: 5 – 10 g. Shelf life is 6 months.

**Asavam:** *Asavam* is prepared through a process of fermentation. Mix the medicine and *jaggery* powder in 1:1 proportion in a jar. Close the container airtight and bury it in dry mud or paddy for 41 days. Take out the container and strain the solution. Dose: 1 ounce.

**Aristam:** Make a strong decoction of the prescribed medicines. Pour the decoction in a jar and add  $\frac{1}{3}$  its weight of *jaggery*. Also add

whatever other medicines are prescribed. Close the jar air- tight and bury it in dry ground or in paddy for 41 days. Take out and strain the solution.

**Medicated oil:** Crush the prescribed ingredients and boil them in 16 times their weight of water and reduce to 1/8th decoction. Pour out the decoction to an iron or bronze container. Boil the decoction and add the oil little by little. Keep boiling on a slow fire until the water gets evaporated. Keep on stirring the oil until it is ready. Strain the oil when it is hot.

(Only simple preparations are given here.)

## SECTION - IV

# HERBAL HEALERS

### MASALAS

#### 1. ONION (*Allium cepa*) – Photograph no. 54

- 1.1 Fever, flu, cold, and sore throat:** Mix the following in equal proportion: onion juice, clear ginger juice, lemon juice, and honey.  
Dose: 15 ml, 2-3 times a day.
- 1.2 To increase breast milk:** Eat *kichadi* prepared with rice, onion, fenugreek, coconut and *jaggery*; continue for about a month.
- 1.3 Nerve weakness, anemia in children:** Eat onion with *jaggery*, twice a day regularly.
- 1.4 Cholesterol, heart problems (preventive):** Eat raw onion regularly.
- 1.5 Earache:** Put 4-5 drops of warm onion juice into the ear.
- 1.6 Fainting:** Sniff onion juice.
- 1.7 Goitre:** Take one tsp of the juice of onion (grown in the plains) with honey, regularly.
- 1.8 Headache:** Apply a thick paste of onion on the forehead, palms, and the soles. Relax for some time.
- 1.9 Migraine:** Drink a glass of water. Apply the paste of onion on the forehead, thumbs and the big toes. Relax for some time.
- 1.10 To prevent heat exhaustion:** Carry an onion with you whenever you go out in the sun; also, include onion in your diet.
- 1.11 Insect bite:** Cut an onion and rub on the affected part.
- 1.12 Cuts, wounds and boils:**  
(a) Apply the paste of onion, mixed with oil.  
(b) Boil onion in oil and apply.

- 1.13 Menstrual disorders:** Eat onion with salt.
- 1.14 Itch, chilblains:** Cut an onion and rub on the affected part.
- 1.15 Tingling pain:** Rub onion juice (preferably white variety) to the soles, twice a day.
- 1.16 Whitlow:** Apply the paste of onion and salt.
- 1.17 Piles:** Cut onion and apply to the piles and bandage. Also fry onion in buffalo ghee, and eat regularly.
- 1.18 Sleeplessness:**
- (a) Eat one or two onions.
  - (b) Boil a few onions in a glass of water and drink.

*Note: For some people this may cause sleeplessness*

## **2. GARLIC (*Allium sativum*) – Photograph No. 80**

- 2.1 Tumor, ulcer, ringworm, and neuralgia:** Apply the paste of garlic mixed with any edible oil.
- 2.2 Rheumatism, gout, sciatica, paralysis, and retention of urine:** Apply the paste as a liniment
- 2.3 Typhoid:** Take two tsp of fresh garlic juice with fruit juice or *jaggery* syrup every four hours.
- 2.4 Fever, cough, pneumonia, whooping cough, sciatica, high blood pressure, cholesterol, throat problems, intestinal worms, asthma, indigestion, and impotence:** Take 2 cloves of garlic with honey.

*Method of preparation:* Peel the garlic and put the cloves in a glass jar. Pour enough honey to cover the garlic and keep it for 40 days. Start using from the 41st day. Take it in the morning on an empty stomach.

- 2.5 To wash wounds:** Use garlic juice, diluted with water

### **3. METHI (FENUGREEK), *Trigonella foenum-graecum*) 56**

- 3.1 Boils:** Apply a paste of fenugreek seeds and wheat.
- 3.2 Cracks on the heel:** Apply a paste of fenugreek and *mehndi* leaves.
- 3.3 Gas problem, diabetes:** Soak a tablespoonful of *fenugreek* seeds in a glass of water overnight. Drink the water in the morning and eat the seeds.
- 3.4 High BP:** Boil 30g of fenugreek seeds, 30g of hogweed (*punarnava*) (60) and 10g of cumin seeds (30) in a glass of water and drink regularly.
- 3.5 Cough, cholesterol, rheumatic pain, backache:** Mix 24g of fenugreek powder and 6g of dry ginger powder.  
Dose: 15g twice a day for 15 days.
- 3.6 Swelling:** Apply a paste made of fenugreek leaves, turmeric powder and salt.
- 3.7 Herbal drink for diabetes, swelling of the body, chronic cold, high BP:** Take herbal drink prepared as follows:  
*Ingredients:* Wheat- 8 parts; Coriander seeds –6 parts; *Methi* – 4 parts; *jeera* – 2 parts and *tulsi* leaves – 1 part.  
*Procedure:* Dry *tulsi* leaves in the shade and make fine powder. Fry and char the wheat and grind to powder. Dry-fry *methi*, coriander seeds, *jeera* and fenugreek and make a fine powder. Mix all these five powders well and preserve.  
To prepare the drink: Add one tsp of powder to a glass of water and boil. Add *jaggery* to taste and drink.
- 3.8 To prevent falling of hair and promote hair growth:** Soak a handful of *methi* overnight, make a fine paste and apply on the hair and bathe after some time.
- 3.9 Dark patches on the face:** Mix a fine paste of *methi* in goat's milk and apply on the face; continue for some time.
- 3.10 To prevent white ants:** Sprinkle *methi* powder.

#### **4. CURRY LEAVES (*Murraya koenigii*) – Photo No.11**

##### **4.1 Diabetes, overweight, and cholesterol:**

(a) Eat a few leaves.

(b) Drink 15-20 ml of leaf juice daily in the morning for 2-3 weeks.

**4.2 Kidney disorders:** Take one tsp of root juice, twice a day.

**4.3 Asthma:** Make chutney of curry leaves with chilli, onion and salt and take it regularly along with food.

**4.4 Burns, cuts and wounds:** Apply leaf paste with butter or ghee.

**4.5 Insect bite:** Apply fresh fruit juice of the plant mixed with equal quantity of lemon juice.

**4.6 Hair oil:** Boil 200g of the leaves in 250 ml of coconut oil until the leaves get dry. Apply it regularly. It helps in growth and retention of natural colour of hair.

**4.7 Diarrhoea and dysentery:** Take two tsp of leaf paste with buttermilk, twice a day for 3-5 days.

**4.8 Allergy:** Make a paste of curry leaves and raw turmeric in 1:1 ratio.

Dose: 1 tsp once a day for a month.

**4.9 Cracks on the feet:** Make a paste of curry leaves, *mehandi* leaves, raw turmeric and the milk of *pipal* tree (all in equal proportion) and apply at night. Continue for a week.

**4.10 Diabetes, skin problems, intestinal worms:** Make a paste of one stalk each of curry leaves and *neem* leaves. Mix the paste in a cup of buttermilk and drink daily on empty stomach.

**4.11 Discoloration around the eyes:** Mix a little leaf juice with butter (taken out from the curd), and apply around the eyes

**4.12 Cat bite:** Apply a paste of leaves and turmeric.

- 4.13 **Centipede poison:** Apply a paste of curry leaves and a few peppercorns.
- 4.14 **Menstrual disorders:** Take 30 – 60 ml of leaf juice, once a day in the morning.

## **5. AJOWAN (*Trachyspermum roxburghianum*) – 103**

- 5.1 **Cholera:** Boil 1 tsp each of *ajowan* seeds and cumin seeds in a litre of water. Add a little black salt and mint (*podina*) juice and drink one cup every 20 minutes.

- 5.2 **Indigestion, gas, lack of appetite, stomach pain, constipation, dysentery, fever, flu and cold:** Take *Moringadi pills* prepared as follows:

Mix well the fine powders of the following: Black pepper–100g; dry ginger–100g; cumin seeds–100g; *somph*–100g; black salt – 75g; *ajowan* –50g; asafetida –25g. Add drumstick bark juice and lemon juice in equal proportion to this mixture; knead and grind well to a fine paste. Make pea-size pills and dry them in the shade, and preserve.

Dose: 1 –2 pills, two or three times a day, according to the nature of the problem.

- 5.3 **Rheumatic problems, fever and mumps:** Mix *ajowan* powder and *jaggery* in 1:3 proportions.

Dose: 1-2 tsp twice a day

- 5.4 **Retention of urine:** Dry-fry *ajowan* and powder it. Add ¼ tsp of *ajowan* powder and ¼ tsp of long pepper powder to a glass of tender coconut water and drink.

- 5.5 **Indigestion, flu:** Boil a tablespoonful of *ajowan* in a litre of water.

Dose: One glassful, twice a day with a pinch of rock salt.

- 5.6 **Fresh cuts and wounds:** Mix a little of *ajowan* powder with powdered sugar and apply.

**5.7 Alcoholism:** Give 10 drops of *alcohol extract* with milk or coffee or any other food.

*To prepare alcohol extract:* Lightly crush *ajowan* and put it in a glass container. Pour very strong alcohol (whisky or brandy or *Mahwa* liquor) above the level of the *ajowan*. Keep it for 21 days. Shake the container once a day. On 22<sup>nd</sup> day, strain out the solution.

**5.8 Menstrual pain, menstrual disorders:** Make a fine powder of *ajowan*, rock salt, *jeera*, *pipili* and rind of *harrah* – all in equal proportion.

Dose: ¼ tsp with hot water, twice a day.

**5.9 Wounded by glass:** Grind *ajowan* and *jaggery* in equal proportion and apply it into the wound.

**5.10 Pain in legs and hands:** Do fomentation (*kizhi*) with roasted *ajowan*.

**5.11 Asthma:** Do fomentation with roasted *ajowan* on the chest.

## **6. NUTMEG (*Myristica fragrans*) 58**

**6.1 Indigestion, weakness, forgetfulness, hiccup, depression, and morning sickness:** Add a pinch of nutmeg powder to a tablespoonful of gooseberry juice. Take it thrice a day for a few days.

**6.2 Headache, ulcer, and rheumatic pain:** Cook nutmeg powder in *Gingili (til)* oil and apply.

**6.3 Diarrhoea:** Take a pinch of nutmeg powder with ripe banana.

**6.4 Sexual weakness:** Take a pinch of nutmeg powder with honey.

**6.5 Summer-diarrhoea, insomnia:** Take a little nutmeg powder with milk.

**6.6 Asthmatic attacks:** Chew a little nutmeg with a betel leaf and swallow the juice.

**6.7 Fever, vomiting, diarrhoea, dysentery: Take *jaiphaladi* pills.**

***Mode of preparation***

- (1) Take the following ingredients in equal proportion and make a fine powder:

Nutmeg, *ajowan*, sweet flag, *pipli*, *katumohini*, turmeric, dry ginger, black pepper, rock salt, and *manjuphal*. (All these things can be bought from the shop).

- (2) Take garlic and asafetida (*hing*) – also in the same proportion – and make a fine paste.
- (3) Take one or two handful each of *Sahadevi* (51), *Bhringraj* (49), Country borge (*Coleus aromaticus*- 65), and *Brahmi* (*Kodakan-Centella asiatica* 50); wash and crush these four leaves and take pure juice.
- (4) Mix the paste of garlic and *hing* into the juice.
- (5) Add the juice to the powders, kneed and grind well to a fine paste.
- (6) Roll the paste into mutter-size pills. Dry them in the shade and preserve. The dose of the pill varies from one grain (for infants) to two pills, depending upon the age and condition of the problem.

To increase the power of the medicine, repeat the process of mixing the paste with fresh juice of the herbs and grinding for 7 days; then roll the pills dry and preserve. This medicine is good for all sorts of ailments. It is found to be very effective for animals and birds also.

**6.8 Dehydration (especially in cholera):** Crush  $\frac{1}{2}$  a seed and put in  $\frac{1}{2}$  a litre of water. Keep it for one hour. Take one tsp of the infusion with tender coconut water at regular intervals.

**6.9 Sprain, paralysis, and rheumatism:** Apply nutmeg oil mixed with any edible oil.

**6.10 Headache:** Apply a paste of the seed on the forehead.

(Note: *Overdose of nutmeg is harmful*)

## **7. CARDAMOM (*Elettaria cardamomum*) 61**

**7.1 Retention of urine, burning sensation while urinating, vomiting:** Add  $\frac{1}{4}$  tsp of cardamom powder to tender coconut water and drink.

**7.2 Exhaustion after delivery:** Boil 1g of cardamom powder in one glass of water; cool it and drink.

**7.3 Sore throat, cough, difficulty in breathing:** Mix in equal proportion the fine powders of cardamom, dry ginger, and cumin seeds and take one pinch at regular intervals.

**7.4 Chest congestion:** Mix one teaspoonful of cardamom powder in ghee and lick slowly.

**7.5 Low sperm count, urinary problems:** Mix one pinch of cardamom powder and a little asafoetida in a cup of milk. Add a little ghee and drink before bedtime.

**7.6 Angina pectoris:** Mix the fine powders of cardamom and the root of long pepper in 1:1 ratio.

Dose: 3g twice a day with ghee.

**7.7 Leucorrhoea:** Take cardamom powder with ghee.

Dose: 1g thrice a day.

**7.8 Intestinal worms, indigestion, and stomach pain:** Make decoction with 2g of cardamom, 4g of garlic and 4g of dry ginger, boiled in 2 glasses of water and reduced to  $\frac{1}{2}$  glass.

Dose: 60 ml twice a day.

**7.9 Migraine:** Spread a little cardamom powder and turmeric powder on a piece of cloth and roll it. Smear some ghee on it; burn and inhale the fumes.

**7.10 Dysuria:** Add 1 g cardamom powder in 30 ml alcohol and drink.

## **8. CINNAMON (*Cinnamomum zeylanicum*) 104**

- 8.1 Headache due to cold:** Grind cinnamon bark with water and apply on the forehead.
- 8.2 To delay menstruation after delivery, to increase breast milk:** Take ¼ tsp cinnamon bark powder with a cup of milk at bedtime.
- 8.3 Bad breath:** Chew a piece of cinnamon bark with a betel leaf.
- 8.4 Loss of taste:** Rub cinnamon powder and honey on the tongue, and let it remain for 5-10 minutes.
- 8.5 Cold, flu, sore throat:** Boil ½ tsp cinnamon bark powder and ¼ tsp pepper powder in a cup of water and drink with a tsp of honey.
- 8.6 Acne:** Mix 1 tsp of cinnamon powder and 1 tsp of lemon juice and apply frequently.

## **9. CLOVE (*Syzygium aromaticum*) 63**

- 9.1 Sore throat, cough, nausea, vomiting:** Chew one or two cloves with a little salt and swallow the juice.
- 9.2 Vomiting, loss of appetite, flatulence, indigestion:** Boil 2g of cloves in 8 glasses of water and reduce to 2 glasses. Take it in four divided doses.
- 9.3 Muscular cramps:** Apply clove oil.
- 9.4 Toothache:**
  - (a) Soak a little cotton in clove oil and keep it on the aching tooth.
  - (b) Bite a clove with the aching tooth and keep it in the mouth.
- 9.5 Morning sickness:** Mix 1g of clove powder with a tsp of pomegranate juice. Slowly lick it.

- 9.6 Fever:** Make a paste of 1g of clove and 2 g of *chiretta*. Mix the paste in a cup of water.  
Dose: 1 cup twice a day.
- 9.7 Cough, asthma:** Grind a clove and a flower of *Madar (Akon)* with a little black salt and make a pea-size pill. Keep it in the mouth and slowly swallow the juice.
- 9.8 Whooping cough:** Dry-fry a few cloves; powder them and mix the powder with a few drops of honey. Keep it in the mouth and swallow the juice.
- 9.9 Diarrhoea in pregnant women:** Boil 30 g clove in 750 ml water and reduce to 100 ml. Take in 3 divided doses.
- 9.10 Bad odor from the mouth:** Put a little clove oil in water and keep the water in the mouth.
- 9.11 As a preventive of gastroenteritis:** Dry-fry and crush ½ tsp cardamom seeds, a pinch of *hing*, and three cloves and soak them in a glass of water overnight. Drink it in two divided doses.
- 9.12 To chase silver fish and cockroach:** Sprinkle clove powder.
- 9.13 To keep ants away:** Put cloves or clove powder.

## **10. MUSTARD (*Brassica juncea*) – 55**

- 10.1 Rheumatism, arthritis, joint pain and fatigue:** Rub a few drops of mustard oil onto a castor plant leaf. Warm the leaf and apply it over the affected part. Repeat the process with a few more leaves for 15 – 20 minutes. Continue for a few days.
- 10.2 Blocked nose:** Apply a little mustard oil at the nostrils and/or on the side of the nose before going to bed. (Not for children).
- 10.3 To induce vomiting (in case of poisoning):** Take 5 – 10 g of mustard powder, in cold water OR make a paste of 15g of seeds and boil in a glass of water and drink.

- 10.4 Severe cold, heaviness of head:** Make a mixture of a little mustard oil and honey and rub into the soles of the feet and on the nose. Wash it off after 10 minutes.
- 10.5 To clean ulcerous wounds:** Apply a little mustard powder mixed with a little ghee and honey.
- 10.6 Ringworm:** Clean the area with hot water and apply the seed paste. Wash it off after 10 minutes.
- 10.7 For severe vomiting, cholera:** Grind the flowers of the mustard (white variety) in cold water and apply on the upper part of the abdomen.
- 10.8 Backache:** Make a paste of mustard seeds, drumstick bark, and garlic – all in equal proportion; mix it well with vinegar and apply.
- 10.9 Chest congestion, stiff-neck, muscular rheumatism:** Lightly warm a little mustard oil and dissolve little camphor in it. Massage the affected part with this oil.
- 10.10 For all kinds of epilepsy:** Grind mustard seed in cow's urine and apply on the whole body.
- (Note: The paste of mustard seeds should not be in contact with the skin for more than 10 minutes)*

## **11. PEPPER (*Piper nigrum*) – 59**

- 11.1 Indigestion:** Dry-fry and powder coarsely, one tsp of pepper. Boil it in a glass of water for three minutes. Add a handful of *tulsi* leaves into the decoction and keep it covered for five minutes.
- Dose: 1 cup twice a day.
- 11.2 Cough, common cold, and flu:**
- (a) Crush well a ripe banana with  $\frac{1}{2}$  a tsp of pepper powder. Divide this into three equal parts and take it thrice daily.
  - (b) Fry 1 tsp of pepper in 1 tsp of ghee. Grind it well with 2 tsp of sugar. Take one pinch each frequently.

**11.3 Malaria:** Boil half tsp pepper powder in a cup of water and give.

Dose: one cup every two or three hours. Give only liquid diet.  
Continue for 5-7 days.

**11.4 For chronic malaria:** Boil 1 tablespoonful of black pepper in two glasses of water and reduce it to one forth (1/4). Allow it to cool for 12 hours. Strain it in the morning and drink. Prepare one more dose in the same way and take in the evening. (Caution: those who suffer from stomach ulcer should not take this preparation.)

**11.5 Fever:** Add 2-3 pinches of pepper powder to a tsp of *tulsi* leaf juice. Add a little honey and take twice a day for 3-4 days.

**11.6 Intoxication by tobacco:** Chew a few black pepper cons.

**11.7 Itching all over the body:** Add a tsp of pepper powder in 100 ml coconut oil. Boil it and apply on the body.

**11.8 Cholera:** Grind 20 g each of pepper, *hing*, and opium. Make 16 pills of this.

Dose: 1 pill every 2 hours 4 times. (Overdose will be harmful).

## **12. GINGER (*Zingiber officinale*) – 108**

**12.1 Common cold:** Grind 20g of ginger and mix it in a cup of water. Allow it to settle for two hours. Take 15 ml of the clear water with a little honey every half an hour.

**12.2 Earache:** Put 2-3 drops of warm ginger juice into the ear.

**12.3 Diarrhoea (infants):** Apply ginger juice around the umbilicus.

**12.4 Heart problems (preventive):** Make a fine paste of 4g of ginger. Mix it with gingili oil. Take it daily.

**12.5 Blood pressure:** Take daily 15-30 ml clear ginger juice with equal quantity of honey.

**12.6 Back pain:** Fry 20g of finely cut ginger in a tablespoonful of ghee and eat before going to bed. Continue for 15-20 days.

## **12.7 Headache:**

- (a) Mix powders of ginger, pepper and turmeric in equal proportion. Spread the mixture on a piece of cloth and roll it. Burn the cloth and inhale the smoke.
- (b) Apply a paste of dry ginger mixed with lemon juice on the temples.

**12.8 Cold and flu (as preventive):** Boil 10g of dry ginger in a glass of water. Add *jaggery* to taste.

Dose: one glass, before going to bed. Take it regularly in the beginning of rainy season.

**12.9 Cold, runny nose, sneezing:** Rub fine ginger powder on the crown of the head.

**12.10 Indigestion, vomiting, lack of appetite, vomiting in pregnancy:** Mix the clear ginger juice and lemon juice in equal proportion.

Dose: 15 ml with a pinch of salt.

**12.11 Corns in the leg:** Mix ginger juice with the clear water of lime (*chuna*) and apply on the affected part thrice a day for a week or two.

**12.12 Intestinal worms:** Mix together clear ginger juice, onion juice and honey in equal proportion.

Dose: 60 ml before bedtime.

**12.13 Indigestion due to eating jack fruit, curds:** Take decoction or powder of dry ginger.

**12.14 Rheumatism, arthritis:** Boil 30g of dry ginger and 30g of the root of castor plant in 4 glasses of water and reduce it to one glass.

Dose: ½ glass, twice a day.

**12.15 Swelling of the body:** Take 15ml of clear ginger juice with 15ml of milk once a day.

**12.16 Swelling in pregnancy:** Boil 30 g dry ginger in four glass of water and reduce to one glass.

Dose: 1 cup with milk and *jaggery* and a pinch of *pipli* powder.

**12.17 Antidote to *Strechinos (kuchala)*:** Make a decoction of dry ginger and pepper in 1:1 ratio and give 90 ml with little *kanmadam* at frequent intervals. (*Kanmadam* can be got from the shop)

**12.18 Antidote to *Gloriosa superba*:** Take 1 tsp paste of ginger in hot water. Also apply the paste all over the body.

### **13. CUMIN SEEDS (*Cuminum cyminum*) – 62**

**13.1 Insomnia:** Cut through a ripe banana, fill it with half a tablespoonful of cumin seed powder and eat in the evening.

**13.2 Cold, fever, and gas problem:** Add two tablespoonfuls of cumin seeds in one litre of water. Boil it for half a minute. Remove from the fire and allow it to cool.

Dose: ½ to 1 glassful, twice a day, for few days.

**13.3 Prickly heat:** Mix a little fine powder of cumin seeds in coconut oil and apply on the body. Bathe after half an hour. Continue for a few days.

**13.4 Easy delivery, to augment breast milk:** Boil 1 tsp of cumin seeds in a glass of water. Reduce it to half. Add equal amount of milk and a few drops of honey. Take it throughout pregnancy.

### **14. SAUNF (*Foeniculum vulgare*) – 105**

**14.1 Eyestrain, eye irritation:** Boil ½ tsp of *somph* in 1 cup of water and reduce to 1/2 cup. Strain and cool the decoction and use it as eye drops.

**14.2 Breathing problem, cough, fever, and indigestion:** Take the above decoction (14.1), one tablespoonful twice a day.

**14.3 Colic, flatulence:** Boil 1 tablespoonful of seed in a cup of milk and drink.

- 14.4 Amenorrhoea, lack of breast milk, and lack of sweating:** Crush a tablespoonful of *somph* seeds and put in a litre of boiling water. Remove it from the fire and keep it covered for 20 minutes.

Dose: 1 cup twice a day.

## **15. CORIANDER (*Coriandrum sativum*) – 60**

- 15.1 Indigestion, nausea, dysentery, hepatitis, and ulcerative colitis:** Take one or two teaspoonfuls of coriander leaf-juice in fresh buttermilk, four times a day.
- 15.2 High BP., high cholesterol:** Boil one tsp of coriander seeds in a glass of water and drink at regular intervals.
- 15.3 Menorrhagia:** Boil 6 –10g of seeds in ½ litre of water and reduce to ¼ the decoction. Add sugar and take it warm for 3-5 days, from the first day of menses.
- 15.4 Pimples, dry skin, blackheads:** Mix a pinch of turmeric powder with one tsp of fresh coriander leaf juice and apply.
- 15.5 Headache:** Apply a paste of coriander seeds and *chandan* (sandal wood)
- 15.6 Conjunctivitis:** Make a decoction with a few freshly dried coriander seeds. Use it as an eyewash.
- 15.7 To improve eyesight:** Take 25 ml coriander leaf juice twice a day for few days.
- 15.8 Difficult urination:** Add 5 g of fine powder of coriander seeds in to tender coconut water and drink.
- 15.9 Fever (at night):** Mix fine powders of coriander seeds and *sahadevi* leaves in equal proportion.
- Dose: 1 tsp with sugar.
- 15.10 Bad smell in the mouth, watering of the mouth:** Chew coriander seeds.

- 15.11 Excess thirst:** Crush 60g seeds and soak it in 600 ml water overnight. Drink the water adding sugar for taste.
- 15.12 Antidote to *Jamalgotta* (*Crotton tiglium*):** Mix coriander powder in curds, add sugar and eat.
- 15.13 Antidote to *Belwa* allergy:** Apply the juice of coriander.
- 15.14 Bleeding from the nose: (especially in summer):** Put a few drops of coriander leaf juice in the nostrils.

## **16. TURMERIC (*Curcuma longa*) – 101**

- 16.1 Cold, cough, allergy, indigestion, vomiting due to food poisoning:** Take milk decoction, prepared as follows:  
Boil 1 tsp of turmeric powder in a cup of milk, and a cup of water. Reduce to one cup.  
Dose: 1 cup, once a day. For cough and cold, take it at bedtime.
- 16.2 Pimples, scars (of chickenpox):** Make a paste of turmeric powder and red *chandana* (sandal wood). Apply it before going to bed and wash it off in the morning. Continue for 2-3 weeks.
- 16.3 Stomach ulcer:**  
(a) Add a tsp of turmeric powder in chilled milk and take it in the morning on empty stomach.  
(b) Make gooseberry size pills of turmeric powder with honey.  
Dose: one pill in the morning on an empty stomach. Continue the treatment for 2-3 months.
- 16.4 Intestinal worms:** Give ½ tsp of powder in a cup of warm water with a pinch of salt at bedtime.
- 16.5 Conjunctivitis:** Add ½ tsp of turmeric powder to 2 ounces of rosewater. Mix well and strain it. Use it as eye lotion.
- 16.6 Leucorrhoea:** Grind ½ tsp of turmeric powder with 9 leaves of *Brahmi* (*Centella asiatica* -50). Mix it in a glass of buttermilk or in tender coconut water. Take on an empty stomach for 21 days.

- 16.7 Cancer (preventive):** Take 1.5g of turmeric daily in food.
- 16.8 Sprains, inflammations of joints, wounds, boils, swellings and insect bite:** Apply a paste of turmeric with a little salt and lime (*chuna*).
- 16.9 Cold, blocked nose:** Burn a piece of turmeric and inhale the fumes.
- 16.10 Piles:** Apply an ointment made of turmeric, hemp leaves (*Cannabis sativa*), onion and warm mustard oil.
- 16.11 Pruritus (itching and swelling):** Make a paste of the leaves of turmeric and *adhatoda* with cow's urine and rub on the affected part.
- 16.12 To chase away ants:** Sprinkle turmeric powder

## **17. ASAFOETIDA –HING (*Ferula asafoetida*) – 57**

- 17.1 Hysteria:** Give 1 grain of *hing* mixed in water with a little honey.
- 17.2 Flatulence, colic:** Dissolve 1 grain of *hing* in *ajowan* water and drink.
- 17.3 Cholera:** Make pills of *hing*, camphor, and black pepper (1 grain each) and opium 1/4<sup>th</sup> grain. Give one pill each.
- 17.4 Habitual abortion:** *Pills with hing.* Make 60 pills out of 6g of *hing* (one pill about 1.5 grain each). From the time of conception, give 1 pill each twice a day. Increase the number of pills until 10 pills a day are reached. Then gradually reduce the number.

## **18. CHILLI (*Capsicum annum*) – 97**

- 18.1 Earache:** Remove the seeds from a ripe chilli, and fill it with *tulsi* leaf juice or *gumma* juice or any edible oil. Heat it on fire. Pour two or three drops of the lukewarm juice into the ear.

## VEGETABLES

### **19. CARROT (*Daucus carota*) – 109**

- 19.1 Peptic ulcer, colic, dyspepsia, colitis:** Take 60 ml of carrot juice, daily in the morning.
- 19.2 Intestinal worms:** Take only raw carrot for breakfast for a few days.
- 19.3 Constipation:** Take a mixture of 25 ml of carrot juice and 25 ml of spinach juice.
- 19.4 Jaundice:** Take one cup of carrot juice in the morning on an empty stomach.
- 19.5 Night blindness:** Eat raw carrot regularly.
- 19.6 To prevent tooth decay:** Chew a carrot just after food.
- 19.7 Amenorrhoea, menorrhagia:** Drink carrot juice for a few days.
- 19.8 Diarrhoea:** Cook ½ kg of carrot in 150 ml of water. Strain the decoction; add a little salt and drink.
- Dose: 30 ml every half an hour.
- 19.9 Cancer, asthma, arthritis, (as food):** Take a glass of carrot juice in the morning and evening.
- 19.10 Tonic (especially for growth of children):**
- (a) Eat carrot regularly.
  - (b) Prepare a salad with a few pieces of carrot, papaya, cucumber, tomato, groundnut (sprouted), and ladies finger (all in raw form). Add a little sugar and honey and take it for breakfast.
- 19.11 Scabies, skin disease, swelling, and burns:** Apply carrot juice.
- 19.12 To remove wrinkles on the face:** Mix carrot juice and honey (1:4 ratio) and apply on the face. Wash it off after half an hour with warm water. Continue for a few months.

**19.13 Low BP, poor eyesight, skin problems, complexion:** Mix half a glass of carrot juice and half a glass of cucumber juice. Add to it 2 tsp of lemon juice, 2 tsp of honey and one tsp of sugar candy and drink.

Dose: one glass twice a day.

## **20. RADISH (*Raphanus sativus*) 96**

**20.1 Ringworm, wrinkles, and blackheads:** Apply an emulsion made of seeds with coconut oil.

**20.2 Scurvy:** Eat radish regularly.

**20.3 Piles:** Take 2 tablespoonfuls of root juice, twice a day on an empty stomach.

**20.4 Urinary infection, bladder stone (preventive):** Take one cup of leaf juice on an empty stomach for 15-21 days.

**20.5 Whooping cough:** Mix radish juice with a pinch of rock salt and honey.

Dose: 2 tsp, thrice a day.

### **20.6 Leucoderma:**

(a) Soak the seeds of radish in vinegar overnight. Rub the soaked seeds on to the affected area.

(b) Grind 30-50 ml of the seeds to a fine powder and mix it with two tsp of vinegar and apply on the white patches.

## **21. CABBAGE (*Brassica oleracea*) 77**

**21.1 Peptic ulcer:** Mix raw cabbage juice and carrot juice in equal proportion.

Dose: 250 ml on an empty stomach in the morning for a few months.

**21.2 To reduce weight:** Take daily raw cabbage as salad for 2-3 months.

- 21.3. **Infected wounds, ulcer, sores, psoriasis:** Clean a cabbage leaf, warm it lightly, crush it and apply on the affected part, as a compress. Change it daily.
- 21.4 **Constipation:** Eat finely cut raw cabbage with a little salt, pepper and lemon juice
- 21.5 **For proper circulation in old age:** Include raw cabbage in the diet.
- 21.6 **Migraine:** Crush a few leaves and place it on a cloth and tie it in the forehead at bedtime. Use fresh leaves when it becomes dry.

## **22. BITTER GOURD (*Momordica charantia*) 111**

- 22.1 **Apthae (ulceration in the mouth):** Take ½ tsp fruit juice with a little sugar.
- 22.2 **Alcohol intoxication:** Mix 3 tsp of the leaf juice with a glass of buttermilk and drink it.
- 22.3 **Cirrhosis of liver:** Mix 3 tsp of the leaf juice with a glass of buttermilk and drink it early in the morning. Continue for a month.
- 22.4 **Cholera (early stage):** Take 2 tsp of the fresh juice of bitter gourd with equal quantity of the juice of white onion and a tsp of lime- juice twice a day.
- 22.5 **Diabetes:** Take the fruit juice or decoction or powder every morning on an empty stomach.  
Dose: Juice-30 ml; decoction-1 cup; powder-1 tsp.
- 22.6 **Piles:** Mix 3 tsp of leaf juice with one glass of buttermilk and take every morning on an empty stomach. Apply the leaf-paste over the piles.
- 22.7 **Jaundice:**
  - (a) Take leaf-juice 15 ml twice a day.
  - (b) Mix in equal proportion the juices of bitter gourd (fruit), *brahmi* (leaves) (50) and *kizhukanelli* (53) (whole plant)
Dose: ½ cup in the morning on empty stomach.

- 22.8 Intestinal worms:** Take 30 ml of leaf juice with a little *hing* and rock salt, twice a day for a week.
- 22.9 To purify blood:** Take leaf juice, 30 ml, twice a day.
- 22.10 Malaria:** Take leaf juice, 60 ml with *jeera* powder every three hours.
- 22.11 Headache, vertigo, vomiting, heart and liver problems:** Take fruit juice 30 ml thrice a day

## **23. ASH GOURD (*Benincasa hispida*) 52**

- 23.1 Any kind of bleeding (internal and external):** Mix fresh juice of the fruit with *amala* (gooseberry) juice or lemon juice.  
Dose: 30 ml once or twice a day for a few months.
- 23.2 Antidote against vegetable poisoning, mercury poisoning and alcohol poisoning:** Take one cup of fresh fruit juice.
- 23.3 Peptic ulcer, arthritis:** Take  $\frac{1}{2}$  a glass of juice of ash gourd with  $\frac{1}{2}$  a glass of water, on an empty stomach daily in the morning. Do not eat or drink anything for 2 –3 hours.
- 23.4 Sleeplessness:** Take half a glass of fruit juice before sleep.
- 23.5 Dandruff:** Boil seeds and skin of the fruit in coconut oil. Use it as hair oil.
- 23.6 Cough, sexual weakness:** Take 60 ml of fresh juice thrice a day.
- 23.7 Epilepsy:** Take 60 ml of juice with  $\frac{1}{2}$  tsp liquorice powder.
- 23.8 Diabetes:**  
(a) Take half a glass juice twice a day.  
(b) Take fruit juice and *bael* leaf juice 1:1 proportion.  
Dose: 10 ml daily.
- 23.9 Urinary problems:** Take half glass fruit juice with sugar and honey.
- 23.10 Retention of urine:** Apply a paste of the fruit pulp on the pubic region.

**23.11 Corns on the leg:** Burn the stem of the plant, mix the ash with the milk of *Akon (madar)* and apply.

**23.12 Falling of hair:** Mix fruit juice and carrot juice 1:1

Dose: half a glass daily.

**23.13 Tinea:** Mix the ash of stem with cow's urine and apply.

## **24. PUMPKIN (*Cucurbita maxima*) 78**

**24.1 Worm infestation (especially tapeworms):** Fast for a day. Take one glass each of hot infusion of seeds 3 or 4 times a day.

*To Prepare the infusion:* Remove the cortex of a handful of seeds, crush them and put in 250 ml of boiling water. Keep it covered for 20 minutes.

On the 3<sup>rd</sup> day also, take one dose followed by a tablespoonful of castor oil as laxative.

**24.2 Prostate disorder, urinary disorder:** Take 60g seed powder either with honey or boiled with diluted milk or cooked with vegetables.

## **25. BEETROOT (*Beta vulgaris*) 95**

**25.1 Piles, constipation:** Boil 60g of beetroot in two glasses of water and reduce to one glass.

Dose: one glass at bedtime.

**25.2 High BP., arteriosclerosis, heart problems:** Take ½ cup of the juice of beetroot once daily.

**25.3 Kidney and gall bladder problems:** Mix together the juices of beetroot, carrot root and cucumber in equal proportion. Take one cup once a day.

**25.4 Dandruff:** Wash the head with the decoction of beetroot mixed with a little vinegar.

**25.5 Anaemia:** Take a cup of beetroot juice everyday before breakfast.

- 25.6 Gastric ulcer:** Take a cup of fresh juice, mixed with a tablespoonful of honey, every morning before breakfast.

## **26. TOMATO (*Lycopersicon esculentum*) 73**

- 26.1 Overweight:** Eat one or two unripe tomatoes with lemon, onion and salt on an empty stomach in the morning for two to three months.

- 26.2 Indigestion, flatulence, and liver problems:** Take 1 glassful of fresh tomato juice with a pinch of salt and pepper powder.

- 26.3 To purify blood:** Take fruit juice daily.

*(Note: Tomato is not suited for those who suffer from a tendency to gout and uric acid diseases.)*

## **27. POTATO (*Solanum tuberosum*) 74**

- 27.1 Constipation, ulcer:** Take a teaspoonful of potato rhizome juice daily.

- 27.2 Gout and uric acid diseases:** Potato is useful for those who have a tendency for gout and uric acid diseases.

## **28. LADIES' FINGER (*Abelmoschus esculentus*) 76**

- 28.1 Dysuria, difficult and painful urination, gonorrhoea, and leucorrhoea:** Cut 100 g tender fruit transversely. Add half a litre of water, boil for 20 minutes, strain and add a little jaggery or sugar.

Dose: 60 - 90 ml at frequent intervals.

- 28.2 Spermatorrhoea:** Eat a few raw tender fruit daily.

## **29. KUNDRU (*Coccinia grandis*) 110**

- 29.1 Skin diseases, sores:** Apply leaf paste mixed with ghee.

- 29.2 Eczema:** Apply butter on a leaf, heat it gently, make a poultice and apply on the affected area.
- 29.3 Carbuncle:** Make a paste of the leaves with turmeric and *til* oil (1: 1: 1) and apply on the affected area.

### **30. DRUMSTICK TREE (*Moringa oleifera*) 14**

- 30.1 High BP:** Take the extracted juice of the ripe (yellow) leaves, or the decoction of yellow leaves:

Dose: Juice: 1 tsp once a day. Decoction: ½ cup.

Use fresh leaves in the diet to maintain BP in balance.

**30.2 Anaemia:**

(a) Eat the leaves and flowers as vegetables.

(b) Make *syrup* with drumstick leaf juice as follows:

**Method of preparing the syrup:** Prepare 400 ml of drumstick leaf juice. Melt one kg of *jaggery* with a little water and strain it. Add the drumstick juice to the *jaggery* solution and boil on a slow fire until it becomes thick syrup. Add one tablespoonful of ghee. A little bit of the powders of *jeera*, *somph*, cardamom, and dry ginger may be added. Bottle and preserve.

Dose: 1 tablespoonful, twice a day.

- 30.3 Sore eyes:** Apply leaf paste over the eyes.
- 30.4 Boils, wounds:** Apply leaf paste.
- 30.5 Cough:** Grind 2 square inches of the bark with a tsp of *jeera*. Beat the paste with an egg and fry (egg scramble) it with a tsp of ghee. Eat it warm without salt.
- 30.6 Gum problems:** Gargle with root decoction.
- 30.7 To purify water:** Crush a few seeds and put them in the pot of water.
- 30.8 Cold, fever and flu:** Prepare a soup with drumstick leaves. Season it with a little oil and garlic. Drink it at frequent intervals.

- 30.9 Difficult and painful urination:** Take the juice of the root bark of a young tree.  
Dose: 1 tsp with honey or jaggery.
- 30.10 For any poisonous bite or sting:** Crush a handful of the root bark of drumstick tree. Mix with 2 tsp pepper powder and ½ tsp rock salt and tie in a piece of cloth. Heat a mixture of ghee and *neem* oil; dip the above bundle into it and apply it on the bite. (*Kishi*) (This is especially good for mad dog bite)
- 30.11 Infertility in men:** Cook a tsp of seed powder of drumstick tree with a tsp of ghee and eat it once a day for 2-3 weeks.
- 30.12 Neuralgia:** Apply root paste or bark paste. [If there is too much discomfort (burning sensation) wash it off.]
- 30.13 Ear flow:** Mix the gum with little *til* oil and put a few drops into the ear.
- 30.14 Headache:** Make a paste of the gum with milk and apply on the temples.
- 30.15 Kidney and bladder stone:** Boil 30 g. drumstick bark juice in a glass of water and reduce to half. Drink it warm.
- 30.16 Blood in the urine:** Apply a fine paste of drumstick root-bark and a tsp. of black pepper on the lower abdomen.
- 30.17 Retention of Urine:** Give 2 tsp. of flower juice mixed with a cup of butter milk.
- 30.18 Night blindness:** Include drumstick leaves in the diet, either as soup or as vegetables.
- 30.19 Habitual abortion, leucorrhoea:** Take drumstick leaves regularly either as soup or as a vegetable.
- 30.20 Piles:** Make a poultice of drumstick seeds, garlic and tender leaves of *punarnava* and apply.

**30.21 Migraine (one sided headache):** Put a few drops of drumstick leaf-juice on the opposite toenail, and also two drops each into the nostrils.

*(NB: Root bark in large doses causes abortion).*

## **FRUITS**

### **31. PAPAYA (*Carica papaya*) 5**

**31.1 Intestinal worms:** Make a paste of seven mature seeds. Take it with hot water at bedtime for 3 days. Have one more course after 15 days.

**31.2 Constipation:** Eat the ripe fruit regularly.

**31.3 Amenorrhoea:** Take 1 tsp of milky juice of the fruit with sugar candy, twice a day for seven days, before menstruation.

**31.4 Menstrual disorders:** Crush the raw fruit and take 30 ml juice twice a day for 3 days.

**31.5 Lack of breast milk:**

(a) Eat one fruit regularly

(b) Take the *kichadi* prepared with the fruit.

**31.6 Stye, night blindness, to improve eyesight:** Eat ripe fruit regularly.

**31.7 Ulcer, infected wounds:** Apply the paste of an unripe fruit.

**31.8 Psoriasis, eczema:** Apply the milky juice of the fruit.

**31.9 Toothache:** Dip a little cotton in the fruit milk and apply on the aching tooth.

**31.10 Sprain:** Make a paste of papaya leaves and row turmeric and apply.

**31.11 Nerve pain (neuralgia):** Warm the leaves on fire and apply on the affected area.

**31.12 Enlarged liver and spleen:** Slice the raw fruit, apply a little salt, dry and preserve. Eat two or three slices regularly.

(NB: *Unripe fruit, seeds and milky juice cause abortion*)

## **32. BANANA (*Musa paradisiaca*) 37**

**32.1 Anaemia, weakness:** Beat two ripe bananas and one cup of curd together. Add sugar to taste, Take it in the morning or at noon for 15 – 21 days. (Don't take it at night)

**32.2 Diarrhoea, acidity, peptic ulcer, kidney and bladder stone:**  
Take stem juice.

Dose: 100 ml, with equal amount of water, at frequent intervals.

**32.3 Nausea, vomiting:** Take stem juice with a little honey:  
Dose: 75 ml.

**32.4 Dysmenorrhoea, menorrhagia:** Give one ounce of flower juice mixed with curds.

**32.5 Excess urination:** Drink one cup of banana stem juice.

**32.6 Burns:** Apply the stem juice with ghee.

**32.7 Dysentery:** Make a decoction of the flowers.  
Dose: half a cup.

## **33. BLACKBERRY (*Syzygium cumini*) 82**

**33.1 Diarrhoea, dysentery:** Take bark juice, or powder or decoction, thrice a day.

Dose: Juice- 1tsp; decoction- 100 ml; powder- 1 tsp.

**33.2 Stomach pain:** Take fruit juice; Dose: 2 tsp, twice a day.

**33.3 Vomiting:** Make mutter size pills with the following: *Tulsi* leaves

–3 parts; *Jamun* leaves – 3 parts; *Misri* – 3 parts and black pepper- 1 part.

Dose: 1 pill twice a day.

- 33.4 Diabetes:** (a) Take bark juice –60 ml.  
(b) Take seed powder 2 tsp.

**33.5 Amenorrhoea, menorrhagia, and irregular menses:** Take 60 ml bark juice, or 120 ml bark decoction. twice a day.

**33.6 Piles:** Eat the ripe fruit with a little salt in the morning for one or two months.

**33.7 Leucorrhoea, gonorrhoea:** Crush 60 g tender leaves of *jamun* and soak it in a glass of milk for 3-4 hours. Squeeze out the leaves and drink the milk once a day for 5-7 days.

### **34. MANGO (*Mangifera indica*) 3**

**34.1 Diarrhoea, dysentery, menorrhagia, leucorrhoea, bleeding piles, haemorrhage from lungs:**

(a) Take the powder of the seed kernel:

Dose: one teaspoonful with buttermilk or cold water, two or three times a day.

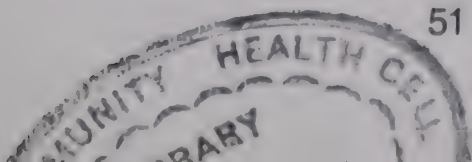
(b) Give bark-infusion one cup, thrice a day.

*To prepare bark infusion:* Crush 60 g mango tree bark and soak it in a glass of water overnight; strain out the solution.

**34.2 Chronic dysentery, weakness:** Prepare syrup with one kg of *jaggery*. Add 200g each of the fine powders of the rind of *anar*, fenugreek, and the kernel of mango seed. Keep on stirring until you get a thick confection. Add a little ghee and remove from the fire. Bottle and preserve.

Dose: 1 tablespoonful, twice a day for 1-2 months.

**34.3 Heat exhaustion:** Cook an unripe mango. Make an infusion. Drink the cool *sharbat* at regular intervals. Also apply the cool pulp of the baked mango all over the body and bathe after 10 – 15 minutes.



#### **34.4 Diabetes, scurvy:**

- (a) Eat a few tender leaves regularly,
- (b) Take 1 tsp powder of tender leaves twice a day.

**34.5 Pyorrhea, gum problems:** Mix the fine powders of mango leaves, *brahmi* and *podina* in 4:2:1 ratio respectively. To this mixture, add a little of the powders of pepper, dry ginger, nutmeg, clove, salt and charcoal. A little of the powder of fried alum also can be added. Use this as tooth powder.

**34.6 Jaundice:** Take the juice of the root bark or trunk bark.

Dose: 2 tsp with water, thrice a day for 3 – 5 days.

**34.7 Body pain:** Boil ripe mango leaves in water and bathe in it.

**34.8 Cracks on the feet:** Apply gum of the tree.

**34.9 Scabies:** Mix gum with lemon juice and apply.

**34.10 Gonorrhoea:** Give 40 g bark juice mixed with 10 g of *chuna* (lime) water, once a day for 7 days

### **35. GUAVA (*Psidium guajava*) 83**

**35.1 Diarrhoea:** Boil a handful of tender leaves in 4 glasses of water and reduce to one glass.

Dose: 120 ml thrice a day.

**35.2 Cholera, Diarrhoea:** Dry-fry one tablespoonful of guava buds (cut into small pieces) with one tablespoonful of black pepper. Crush them and boil the powder in a glass of water and reduce it to half. Give one or two tablespoonfuls every hour, or oftener.

**35.3 Scabies:** Boil a handful of leaves and wash the body with the water.

**35.4 Constipation, piles:** Eat a ripe fruit, before meals, for a few days.

**35.5 Scurvy:** Eat the tender laves.

## **36. JACKFRUIT (*Artocarpus integrifolia*) 9**

**36.1 Glandular swelling, abscess, and boils:** Apply the milky juice of the plant alone or with vinegar.

**36.2 Diabetes:** Take a decoction of the leaf stalk.

Dose: 120 ml once a day.

**36.3 TB:** Prepare the medicine as follows: Take the 'koa' (the edible portion) of a half ripe jackfruit, along with the seed. Put the 'koa' and jaggery powder in alternate layers, in a glass jar. Cover the container, and keep it in the sun for 41 days. Start using it from the 42nd day.

Dose: 1 tablespoonful, thrice a day with a pinch of the powder of sweet flag. Continue for 4-6 months. Along with this medicine, take egg flip in the morning with two tsp of *mahwa* liquor or brandy.

## **37. CUSTARD APPLE (*Annona squamosa*) 8**

**37.1 Tumours:**

To heal : Apply the paste of an unripe fruit with salt.

To hasten suppuration: Apply the pulp of ripe fruit with salt.

**37.2 Ulcers, carbuncle:** Make a paste of the leaves and apply.

**37.3 Head lice:** Apply the paste of leaves or seeds. (Make sure, the juice does not fall into the eyes.)

**37.4 To clean wounds (of maggots especially):** Apply leaf juice or seed powder.

**37.5 Hysteria, fits and fainting:** Crush a few fresh leaves with fingers and sniff them.

**37.6 As a hair wash:** Use seed powder mixed with the powder of gram (*chana*).

**37.7 Prolapsed rectum:** Make a decoction of the leaves, cool it and make the child sit in the decoction.

(The seeds have insecticide properties)

### **38. GRAPES (*Vitis vinifera*) 44**

- 38.1 Anaemia:** Drink 200 ml of fruit juice in the morning.
- 38.2 Enlarged liver, spleen:** Eat raisin (dry grapes) 3-4 daily.
- 38.3 Conjunctivitis:** Put two drops of wine into both the eyes.  
(Once a day for one or two days)
- 38.4 Bruises, sprains:** Apply the juice or poultice of sour grapes.
- 38.5 Migraine:** Take grape juice in small doses, twice a day for a fortnight.

### **39. BAEL (*Aegle marmelos*) 6**

- 39.1 Diarrhoea, dysentery:** Drink the *sherbat* of the fruit.  
Dose: 200 ml at regular intervals.
- 39.2 Constipation, gastric problems, and diarrhoea:** Crack the shell of an unripe fruit and cook it in hot ash. Scoop out the pulp and mix it with equal amount of *jaggery*. Eat it on empty stomach in the morning. Continue for 15 days.
- 39.3 Stomach ulcer:** Lick the fruit powder mixed with honey several times.
- 39.4 Jaundice:** Grind one leaf and 3 black peppers and eat, three times a day for 7 days.
- 39.5 Infertility in women:** Take the *panchangam* (i.e., fruit, flower, leaf, root, and bark) of *bael* tree, *jeera*, *methi*, cardamom and clove, (all in equal proportion) and make fine powder.  
Dose: 1 tsp with honey, thrice a day for 3 days, after the cessation of menses. Continue for three months.
- 39.6 Typhoid:** Take leaf juice.  
Dose: 2 tsp, thrice a day with honey until fever comes down.  
Along with it, give *dhub ghas* decotion (43.1) twice a day, and *tripphala churnam* (83.1) with honey thrice a day

**39.7 Vomiting in infants:** Apply a paste of *bael* root on the breast of the mother and feed the infant.

**39.8 To increase semen:** Add half tsp of *jeera* powder to 30 ml bark juice of *bael*. Mix these in a cup of milk and drink daily.

**39.9 As a tonic after delivery:** Make a decoction of 60 g of *bael* root and 60 g of *bariar* (*Sida cordifolia*).

Dose: half a cup with one tsp ghee and little oil and *jaggery*.  
Continue for 12 days.

**39.10 To purify breast milk:** Apply a paste of the root on the breast.

#### **40. ORANGE (*Citrus reticulata*) 85**

**40.1 Malaria:** Boil 2 tsp of the powder of orange peels in a glass of water, strain and drink.

Dose: half a glass thrice a day. As a preventive, take the same decoction once a week.

**40.2 As a blood-purifier, scurvy:** Take 60 –120 ml of orange juice daily.

**40.3 Rickets, nerve debility, and anaemia:** Mix the fruit juice with grape juice.

Dose: 150 ml, once a day for 48 days.

**40.4 Acne:** Rub the fresh rind of the fruit on the face. It will be more effective if it is made into a paste with rainwater and applied.

**40.5 Heart problems:** Take the fruit juice with honey.

**40.6 Cough:** Take 40 ml of juice with a pinch of salt and a tablespoonful of honey.

#### **41. APPLE (*Malus sylvestris*) 53**

**41.1 Anaemia, weakness:** Take 200 ml of juice (Morning - before meals; evening - before bed time).

- 41.2 Constipation:** Take at least two apples daily.
- 41.3 Diarrhoea:** Take two cooked apples daily.
- 41.4 Dysentery (especially in children):** Make a paste of a ripe apple and give one tablespoonful several times a day.
- 41.5 Headache:** Take an apple with a little salt daily in the morning for a week.
- 41.6 Heart problems:** Take an apple with honey once a day.
- 41.7 Rheumatism, gout:** Include apple in the diet.
- 41.8 Bladder stone, purification of blood:** Take Apple juice without sugar.

## **42. POMEGRANATE (*Punica granatum*) 1**

- 42.1 Diarrhoea, dysentery:** Take one tsp powder of the rind of the fruit with water or honey twice a day. (The fruit, flower and leaves of the plant can be taken in any form).
- 42.2 Intestinal worms (especially tape worms):**
- (a) Boil 30 g of fresh root bark in two glasses of water and reduce to one glass. Take it at half an hour interval in four divided doses. After the fourth dose, take 1-2 tsp of castor oil as a laxative.
  - (b) Take two teaspoonfuls of root paste in the evening, and take 1-2 tsp of castor oil in the morning as laxative.
- 42.3 Cuts and wounds:** Apply the juice of the leaves or flowers
- 42.4 Whooping cough:** Mix *anar* fruit juice, *adusa* (95) leaf juice. And honey in equal proportion.  
Dose: one tablespoonful, twice a day.
- 42.5 Nose-bleed:** Instill 2 drops of a mixture of the flower juice and *dhub ghas* (43) juice into the nostrils.
- 42.6 Chronic amoebic dysentery:** Take *anaradi churnam*.

Dose: one tsp with honey, once a day in the morning for 2 – 3 months.

**To prepare anaradi churnam:** Grind each of the following to a fine powder: rind of pomegranate, cumin seeds, fenugreek, *ajowan* and gooseberry. Mix them in equal proportion and preserve.

## GRASS AND WEEDS

### **43. LAWN GRASS (Dhub Ghas) (*Cynodon dactylon*) 4**

**43.1 Fever, cold, flu:** Take *dhub ghas* decoction. Boil one handful of *dhub ghas*, 2 tsp *jeera* and 1 tsp pepper (both crushed) in two glasses of water and reduce to one glass.

Dose: one glassful twice a day for 3-5 days.

**43.2 Impetigo:** Take *dhub ghas* decoction and also apply oil prepared with *neem* leaves. (see 94.1).

**43.3 Cuts and wounds:** Apply the juice or paste of *dhub ghas*.

**43.4 Bleeding piles:** Take 1 tablespoonful of the paste of *dhub ghas* in milk.

**43.5 Any kind of bleeding (internal or external):** Give ½ cup of cold infusion of the grass with milk.

**43.6 Anaemic infants:** Mix ½ cup of pure *dhub ghas* juice with 2 tablespoonfuls of butter from cow's milk. Churn with the hand in a flat plate for a long time. Apply it all over the body, and bathe the baby in lukewarm water after half an hour. Continue for 21 days.

**43.7 Epilepsy, mental disorder, swelling and nerve tonic:** Take 15 ml of juice of whole plant, twice a day.

**43.8 Dysuria:** Take 60 ml juice.

**43.9 Vomiting blood:** Take half-cup *dhub* grass juice twice a day.

**43.10 Infection between the toes in rainy season:** Make a paste of the grass, turmeric and *mehndi* leaves (all in equal proportion). Apply before going to sleep.

**43.11 Amenorrhoea:** Mix a tablespoonful of *dhub ghas* paste in a glass of rice-wash water and drink twice a day for few days.

**43.12 Nosebleed:** Sniff the juice or pour a few drops into the nostrils.

**43.13 Bladder stone, syphilis:** Boil 60 g *Dhub ghas* root in 4 glasses of water and reduce it to  $\frac{1}{4}$  decoction.

Dose: One cup twice a day.

*Note:- Dhub ghas is often used along with other drugs to be more effective.*

#### **44. KUNTHELI (*Tridax procumbens*) 19**

**44.1 Cuts and wounds, ulcers, eczema, leprosy:** Apply leaf juice.

**44.2 Scorpion sting:** Apply the paste of the whole plant from the affected part downwards.

**44.3 Swelling of the body:** Apply leaf paste.

#### **45. THUMBE (*Leucas aspera*) 26**

**45.1 Abdominal pain:** Take 20 ml of leaf juice twice a day for one week.

**45.2 Colic pain:** Take 15 ml juice along with the powder of 7 black peppers.

**45.3 Scabies:** Make a paste of few leaves and flowers. Add a little salt and apply it after breaking the bumps. After half an hour, take bath in water boiled with *neem* leaves.

**45.4 Scorpion sting:** Apply leaf juice.

**45.5 Intestinal worms in children:** Mix a pinch of *asafoetida* in 5 – 10 ml of leaf juice.

Dose: 5 – 10 ml twice a day for 7 days.

**45.6 Migraine:** Apply leaf juice on the temples. Also, put two drops of gumma juice in the nostrils before sunrise.

- 45.7 **Sinusitis:** Use leaf juice as nasal drops for three days, before sunrise.
- 45.8 **Fever and cold:** Boil a handful of the whole plant in water and inhale the steam.
- 45.9 **Chronic headache:** Make a paste of the root of the plant with a little pepper powder and apply on the forehead.

#### **46. GOAT WEED (*Ageratum conyzoides*) 28**

- 46.1 **Cuts and wounds:** Apply leaf paste or leaf juice.
- 46.2 **Conjunctivitis:** Use leaf juice with breast milk as eye drops.
- 46.3 **Headache:** Boil leaf juice and coconut oil (3:1) until the water gets evaporated. Use it as hair oil.
- 46.4 **Malaria:** Take one tsp of root paste with hot water, 3-5 times a day for 5 days.
- 46.5 **Kidney and bladder stone:** Take one tablespoonful of leaf paste in tender coconut water on an empty stomach in the morning for a few days.
- 46.6 **Boils:** Apply leaf-paste with butter.
- 46.7 **Dysentery:** Take a tsp of leaf-paste in buttermilk.
- 46.8 **Scabies:** Make a paste of the leaves and turmeric (1:1). Boil it in 3 parts weight of coconut oil and apply.

#### **47. BRAHMI ( *Bacopa monnieri*) 89**

- 47.1 **Epilepsy:** Give 10-15 ml of juice with equal amount of honey on an empty stomach for 3-6 months.
- 47.2 **Heart tonic:** Take 10–15 ml leaf-juice with honey daily in the morning.
- 47.3 **Bronchitis:** Apply on the chest a poultice made of the whole plant.

- 47.4 Swelling:** Apply the past of the whole plant.
- 47.5 Boils:** Apply the paste with butter.
- 47.6 Memory-booster, intelligence:** Take 1 tsp leaf-powder or leaf-juice with honey regularly in the morning on empty stomach.
- 47.7 As hair tonic:** Boil the juice and coconut oil (3:1) until the water gets evaporated. Use it as hair oil.
- 47.8 Urinary problems:** Take 5g of paste in tender coconut water in the morning.
- 47.9 Dropsy:** Take 30 ml of plant juice with a little honey regularly.
- 47.10 Chronic fever:** Grind *brahmi* (wp), tulsi leaves and black pepper, all in equal proportion. Roll it into pea-size pills and dry them on the shade.

Dose: one pill twice or thrice a day with honey.

(Instead of *Bacopa monieri*, *Centella asiatica* (50) also can be used for 47.10)

## **48. BLACK NIGHT SHADE (*Solanum nigrum*) 2**

- 48.1 Rheumatism and gout:** Apply a warm poultice of the whole plant.
- 48.2 Heart problems, High BP:** Take 10-15 ml of the plant juice with honey regularly.
- 48.3 Skin disease:** Drink 15 ml of plant juice and apply the leaf-paste with turmeric.
- 48.4 Menstrual problems, gonorrhea:** Take 30 ml juice or ½ cup of decoction of the whole plant
- 48.5 Cirrhosis of liver, enlargement of spleen:** Take 30 ml of leaf juice twice a day for a month. Use leaves as vegetables.
- 48.6 Night blindness:** Use leaves as vegetable in small quantities.

**48.7 Mouth ulcers:** Eat fresh berries; OR fry a few berries in ghee and powder them. Take 5g of the powder daily.

**48.8 Scorpion sting:** Apply leaf paste.

**48.9 Breathing problem:** Take fruit powder after food.

Dose: 1 tsp with honey for 7 days.

## **49. BRINGRAJ (Trailing Eclipta) (*Eclipta alba*) 42**

**49.1 Hair growth:** Boil the juice and paste of the whole plant in coconut oil (3:1) until the water gets evaporated. Use it as hair oil.

**49.2 Jaundice:** Take the paste of the whole plant.

Dose: 1 tablespoonful early morning on an empty stomach for 7 days.

**49.3 Cirrhosis of liver:** Take the juice of the whole plant.

Dose: 10-20 ml in the morning on an empty stomach for 3 weeks.

**49.4 Premature graying:** Apply hair oil prepared with the paste of the whole plant and coconut oil (49:1). Along with it take mixture of powders of the whole plant, sesame and gooseberry.

Dose: 1 tsp with milk.

**49.5 Elephantiasis:** Apply the paste of the whole plant mixed with sesame oil.

**49.6 Scorpion sting:** Apply the paste of the whole plant.

**49.7 Night blindness:** Take 10 ml of leaf juice daily.

**49.8 To improve eyesight:**

(a) Apply hair oil made of the plant and sesame oil.

(b) Dip a small piece of cloth in the juice of *bringaraj* plant and dry it. Repeat it seven times. Roll this cloth as wick and burn it in a *diya* with castor oil. Gather the smoke

(soot) in an earthen plate. Mix the soot with little castor oil and use it as *kajal*.

**49.9 For all kinds of liver problems:** Make a ghee preparation with the following: The juice of *bringaraj* 360 ml, juice of *brahmi* (*centella asiatica*) 360 ml, the juice of *kizhikanelli* (*phyllanthus niruri*) 360 ml and cow ghee 360 gm, powder of *jestimadh* 120g. Mix all together and boil on slow fire until the water evaporates.

Dose: 1 tablespoonful twice a day.

**49.10 Swelling of gums, pyorrhea:** Wash a little *bringaraj* and chew twice a day for few days.

## **50. INDIAN PENNYWORT - Brahmi (*Centella asiatica*) 90**

**50.1 Leprosy:** Take  $\frac{1}{4}$  tsp of the powder of the whole plant with a pinch of rock salt twice a day for a few months.

**50.2 Indigestion:** Grind a few leaves of *brahmi* with little black salt and drink with warm water.

**50.3 Jaundice:** Make a paste of *brahmi*, *punarnava*, (60) and *kizhikanelli* (53) all in equal proportion.

Dose: 2 tsp twice a day for 5-7 days.

**50.4 Impetigo:** Give *brahmi* juice 1 tsp internally and apply it externally.

**50.5 Headache:** Apply the paste on the forehead.

**50.6 Stammering:** Eat a few leaves daily.

**50.7 Memory intelligence:** Take the juice of both the *brahmi* (*Centella asiatica* and *Bacopa moniery* (47) in 1:1 ratio.

Dose: 1 tsp with honey and a pinch of sweet flag powder daily.

**50.8 Skin problems:** Apply a paste of *brahmi* leaves and raw turmeric.

## **50.9 Mental problems:**

- (a) Make pills of 5 gm weight with both *brahmi* (i.e. *Centella asiatica* and *Bacopa monnieri*) and *kostus* (*Kostus* –can be bought from the shop)

Dose: 1 pill each mixed with honey.

- (b) Grind *jestimadh* in the leaf juice of *brahmi*.

Dose: 1 tsp., in a cup of milk.

## **51. SAHADEVI (*Vernonia cinerea*) 21**

- 51.1 Fever, flu, cold:** Boil about 60 g of the whole plant in two glasses of water and reduce to one glass.

Dose: 30 ml twice a day.

- 51.2 Malaria:** Take 30-50 ml of the above decoction with 1/2 tsp of pepper powder 4 times a day.

- 51.3 Conjunctivitis:** Mix a little leaf-juice with equal amount of breast milk or honey. Use it as eye-drops.

- 51.4 Cuts and wounds:** Apply leaf-paste.

- 51.5 Infected wounds:** Apply leaf-paste with turmeric; also drink the decoction mentioned above for flu and fever (51.1)

- 51.6 Migraine:** Apply fresh plant juice on the head before sunrise.

- 51.7 Headache:** Use the hair oil prepared of plant juice and coconut oil (51.10).

- 51.8 Urinary problems:** Take 20-30 ml of decoction of the whole plant twice a day.

- 51.9 Blood purifier:** Take one tsp of powder of the whole plant with milk on empty stomach in the morning.

- 51.10 Sinusitis:** Prepare the following oil and apply on the head regularly: Juice of sahadavi (wp) 250 ml, black pepper 10, coconut oil 250 ml. Boil altogether on slow fire until the water evaporates.

## **52. NUT GRASS (*Cyperus rotundus*) 22**

- 52.1 Intestinal worms:** Take one tsp of tuber powder with milk once a day on an empty stomach.
- 52.2 Amoebic dysentery:** Take 30 –50 ml of decoction or one tablespoonful of tuber powder with warm water.
- 52.3 As a tonic:** Crush 15 g of fresh tuber and boil in 1 cup of milk and one cup of water. Reduce to one cup.  
Dose: 1 cup with honey at bedtime for 21 days.
- 52.4 Fever:** Take 30- 50 ml of tuber decoction with 1 teaspoonful of ginger juice.
- 52.5 Leucorrhoea:** Take 5g of tuber paste in coconut water for 21 days.
- 52.6 Indigestion in children:** Boil a tsp of tuber paste in a cup of water.  
Dose: half a cup.
- 52.7 To increase breast milk:** Apply tuber-paste on the breast; along with it take milk decoction with one tablespoonful of tuber powder.
- 52.8 Breast abscess:** Apply tuber paste with turmeric.

## **53. KIZHUKANELLI (*Phyllanthus niruri*) 24**

- 53.1 Jaundice (Hepatitis of all kinds):** Take paste, juice or decoction of the whole plant.  
Dose: Paste 5 – 10 g; juice-15 ml; decoction ½ cup; once a day in the morning. Continue for 3-7 days.  
For Hepatitis B and C continue for 3-6 months.
- 53.2 Liver tonic (in enlargement of liver and spleen) :** Take 15 ml of juice or 5g of powder regularly.
- 53.3 Premature greying:** Take 15 ml of juice once a day for 2-3 weeks. Also, apply the hair oil prepared with the plant.  
(53.7)

- 53.4 Excessive menstruation, menstrual disorders:** Take 5 g of the paste of the plant in milk, twice or thrice a day.
- 53.5 Chronic dysentery:** Take a little plant-paste in buttermilk, twice a day for 3 weeks.
- 53.6 Dandruff:** Rub a little paste of the plant on the scalp. Bathe after 30 minutes. Don't use soap.
- 53.7 Hair loss:** Apply the hair oil made of the paste of the plant and coconut oil.

#### **54. TOUCH-ME-NOT PLANT (*Mimosa pudica*) 25**

- 54.1 Old and unhealing wounds, ulcers and broken bones:** Apply leaf-paste or juice and bandage.
- 54.2 Rheumatic swelling:**
  - (a) Apply a poultice made of the whole plant.
  - (b) Apply a paste made of leaves and clay.
- 54.3 Piles, fistula:** Give 8g powder of leaves and root in a cup of milk. Also apply the leaf paste externally. Continue for a month.
- 54.4 Diabetes:** Take 30 ml of juice, twice a day regularly.
- 54.5 Insomnia:** Boil 5 g of the whole plant in a glass of water and drink at bedtime.
- 54.6 Backache:** Take 10-20 ml leaf juice with honey, twice a day.
- 54.7 High BP:** Take 15 ml leaf juice or 30ml decoction of the whole plant twice a day.
- 54.8 Bronchial asthma:** Take 15 ml leaf juice in warm water at frequent intervals.

#### **55. LAND CALOTROPS (*Tribulus terrestris*) 7**

- 55.1 Swelling:** Take 30-50 ml of decoction of the whole plant, twice a day.

**55.2 Impotence, spermatorrhoea, gonorrhoea, chronic cystitis and syphilis:**

- (a) Take one tsp powder of the whole plant with ghee twice daily.
- (b) Take 30-50 ml decoction of the seeds twice daily. Continue for two months.

**55.3 Leucorrhoea, menstrual problems:** Add 1 tsp of seed powder to a cup of milk. Add one cup of water. Boil and reduce to one cup. Take it before going to bed. Continue for a month.

**55.4 Dysuria, calculus (stone in kidney and bladder)** Take a tablespoonful of seeds and root powder in tender coconut water or honey on empty stomach in the morning.

Dose: 1 glass for three weeks.

**55.5 Heart tonic:** Take 30 ml of decoction of the whole plant twice a day.

**55.6 Nephrities:** Boil 60 g. of the whole plant in 2 glass of water and reduce to 1/4th decoction. Take it with 'Kanmadam' and honey.

**56. FOETID CASSIA (*Cassia tora*) 20**

**56.1 Insect bite:** Apply leaf paste with fresh turmeric.

**56.2 Snakebite, scorpion sting:** Apply leaf or root paste. Also drink 30 ml of leaf juice mixed with pepper powder at regular intervals.

**56.3 Night blindness:** Use tender leaves as vegetable regularly.

**56.4 Ringworm, ulcers, itching, eruption on the skin:** Make a paste of cassia root and lime juice and apply regularly.

**56.5 Gout, sciatica, joint pains and ulcers:** Boil the leaves in castor oil, and apply the warm oil.

**56.6 Eczema:** Take 30 ml leaf-juice in the morning for 48 days. Also, apply seed-paste on the affected area.

- 56.7 Allergic swelling:** Apply leaf-paste with turmeric powder.
- 56.8 Protein deficiency:** Dry-fry the seeds and make a fine powder. Mix it with coffee powder and use. Also use tender leaves as vegetable.
- 56.9 As a laxative:** Boil 10 g leaves in 100 ml water and reduce to half.  
Dose: 30 ml on an empty stomach.

## **57. DHOODHI GHAS (*Euphorbia hirta*) 23**

- 57.1 Cuts and wounds:** Apply juice or paste.
- 57.2 Urinary infection:**
- (a) Take 20-30 ml of juice or paste of the whole plant early morning for 7 days.
  - (b) Make a decoction with 30g of the whole plant in 2 cups of water and reduce to one cup and drink, twice a day.
- 57.3 Scorpion sting:** Apply milky juice.
- 57.4 Corns, warts:** Apply the milk several times daily.
- 57.5 Sore eyes, allergic itching of the eyes, watering of the eyes:** Apply the milky juice into the eyes.
- 57.6 Diarrhoea, dysentery:** Take 3-5 g of plant paste in buttermilk, thrice a day.
- 57.7 Leucorrhoea:** Take one tsp of leaf paste in milk twice a day, for 2-3 weeks.
- 57.8 Asthma, bronchitis:** Boil 30 g of whole plant in two glasses of water and reduce to half.  
Dose: 1 cup twice a day.

## **58. CHIRETTA (*Andrographis paniculata*) 49**

- 58.1 Malaria:** Give decoction or pills:  
Dose: Pills: Grind the whole plant and make 5g each pills. Take 3-6 at a time 4-5 times a day.

Decoction: 60g of whole plant, boiled in 4 glasses of water and reduced to  $1/4^{\text{th}}$ ; give  $1/2$  cup 4-5 times a day.

**58.2 As a preventive for malaria, intestinal worms, liver problems, flu and for purification of blood:** Take light decoction of the whole plant, 1 cup once or twice a week regularly.

**58.3 Diabetes:** Take an infusion or powder.

Dose: inf. 1 cup in the morning; powder, 1 tsp with water.

**58.4 Snake bite:** Give 1 tsp of root paste at regular intervals. Also apply the paste externally

**58.5 Eczema, ulceration:** Boil 30 g chiretta in a cup of water and cool it overnight. In the morning strain the decoction and drink on an empty stomach. Also apply neem leaf oil (94.1). Continue the treatment for 1-2 months.

**58.6 Sluggish liver, neuralgia, loss of appetite, and gas problems:** Crush and soak 60 g of leaves and stem in a glass of water overnight.

Dose: half cup twice daily.

## **59. MITA GHAS (KALLURUKKI) (*Scoparia dulcis*) 87**

**59.1 Kidney and bladder stone:** Take 1 tablespoonful paste of the whole plant before sunrise. Drink plenty of water, preferably, barley water. Continue for 2-3 weeks.

**59.2 Prolapsed rectum:** Grind and give the paste of the whole plant as *sherbet*. Also apply a hot compress with *madar* (97) leaves.

**59.3 Childbirth:** Make a *sherbet* with the plant and drink. It will speed up dilation and induce contraction. Given after delivery, helps the expulsion of placenta.

**59.4 Headache:** Grind and give the plant to drink; also apply the paste externally.

**59.5 Migraine:** Put a few drops of the juice of Kallurukki (Mitha ghas) in to the nostrils.

## **60. HOG WEED, Punarnava (*Boerhavia diffusa*) 51**

**60.1 Peptic ulcer:** Boil 20g of the whole plant in 2 glasses of water and drink.

Dose: 1 glass twice a day.

**60.2 Piles:** Fry the roots of punarnava in ghee. Add this ghee with rice and eat.

**60.3 Urinary and kidney problems:** Take a *sherbet*, juice or powder of punarnava.

**60.4 Kidney and bladder stone:** Grind 15g of the root of the white variety of punarnava with 3g black pepper; mix it with buttermilk and drink.

**60.5 Heart problems:** Include punarnava in your diet regularly.

**60.6 Swelling:** Boil 60 g of whole plant with 8 times its weight of water, reduce to half.

Dose: 1 cup.

**60.7 Snakebite:** Give root paste of punarnava, one tsp internally and apply externally.

**60.8 Rat bite:** Take punarnava juice internally and apply it externally.

**60.9 Low BP:** Take punarnava soup regularly.

## **61. MUYALCHEVIAN (Mal) (*Emilia sanchifolia*) 88**

**61.1 Tonsillitis:** Grind muyalchevian (the whole plant) with a pinch of salt and 2 pieces of garlic. Take a tsp of the paste internally and apply it externally.

**61.2 Sore throat, mumps:** Grind muyalchevian, turmeric, garlic and salt (all in equal proportion). Give a tsp of the paste internally and apply it externally. (This can be made into pea size pills and preserved.)

## **62. INDIAN ACALYPHA – (*Acalypha indica*) 86**

- 62.1 Hepatic coma:** Put a few drops of the juice of kuppi leaves into the eyes of the patient. Some rock salt also could be added. Once out of coma, treat the patient with other remedies for jaundice.
- 62.2 Intestinal worms:** Make a paste of the leaves with a little hing, and give it in buttermilk, once a day for 3-5 days. If there is no relief, repeat after a week.
- 62.3 Scabies:** Grind the leaves of kuppi with a little bit of salt; apply the paste after breaking the bumps. Bathe after ½ an hour in water in which neem leaves have been boiled.
- 62.4 Kuppameni churnam: *Mode of preparation:*** Take about 50g of the mature leaves of the plant and equal amount of common salt. Mix both and dry in the sun in an earthen container. Grind both together well to a very fine powder and preserve.
- 62.5 Stomach problems and skin problems:** Give 1/8<sup>th</sup> tsp of the above powder. (62.4)
- 62.6 Infants having watery diarrhoea, infants vomiting breast milk:** Give one pinch of kuppameni churnam with honey thrice a day for 3 days.
- 62.7 Scabies and other skin problems (as preventive):** Give one grain of kuppameni churnam (62.4) with honey.
- 62.8 Intense stomach pain, vomiting, indigestion, watery diarrhoea and menstrual pain:** Take ¼ tsp of kuppameni churnam (62.4) in soda water.
- 62.9 As preventive for gum infection:** Give one pinch of kuppameni churnam (62.4) with honey to children during dentition time.
- 62.10 Asthma, pneumonia:** Take ½ tsp of kuppameni churnam (62.4) with honey.
- 62.11 Fistula in anus:** Give the powder of the whole plant with butter  
Dose: 1 tsp once a day for 40 days  
(*Caution: It is a strong drug; don't eat the leaves as it is*)

### **63. SATAVARI (*Asparagus racemosus*) 29**

- 63.1** Impotence, infertility, decreased breast milk, nerve tonic, neuralgia, poor eyesight, gastritis, peptic ulcer, leucorrhoea, gonorrhoea: Boil 1 tsp of root powder of satavari in a cup of milk and a cup of water and reduce to half. Take this with sugar or honey, before going to sleep. Continue for 2-3 weeks.

### **64. BONE SETTER – Hargoda - (*Cissus quadrangularis*) 91**

- 64.1** Sciatica, neuralgia, fracture, sprains, injuries: Apply harjora oil.

*To Prepare Harjora Oil: Ingredients:* Harjora –1kg; aam haldi 100g; maida lakdi 100g(The last two can be bought from the shop)

*Process:* Prepare a decoction of all these adding 8 times its quantity of water and reduce to 1/8. Add 1 litre of oil to the decoction. Boil on low fire till the water gets evaporated. Strain and preserve.

#### **64.2 Fracture:**

(a) Set the bones properly; apply the above oil and bandage.

(b) Make a paste of harjoda, apply some oil on the skin and apply the paste and bandage.

- 64.3 Earache:** Put a few drops of the warm juice into the ear.

- 64.4 Rheumatism:** Soak and grind well 100 g of urad dal. Take 3 pieces of harjora, remove the outer skin and grind with equal amount of garlic. Mix this with the urad paste and add a little rock salt. Prepare 'pakauda' with til or mustard oil. Eat one pakauda in the morning and one in the evening. Apply the oil (oil in which pakauda has been prepared) on castor or akon leaves. Heat the leaves and apply on the painful area.

## **65. COUNTRY BORAGE - (*Coleus aromaticus*) 93**

- 65.1 Conjunctivitis:** Apply leaf-juice around the orbit.
- 65.2 Fever, cough, colic, vomiting, dyspepsia:** Give 1-2 tablespoonfuls of warm leaf-juice with honey.  
(It is especially good for children.) For children, give ½ tsp.
- 65.3 Difficult and painful urination:** Take 50 ml leaf-juice with sugar twice a day.
- 65.4 Convulsions, epilepsy:** Give one tablespoonful leaf juice.
- 65.5 Sore throat, loss of voice:** Take one tablespoonful leaf juice with honey.
- 65.6 Cold in infants (preventive):** Prepare 'khir' adding the paste of the whole plant and let the mother eat it occasionally.
- 65.7 Pleurisy (inflammation of the membrane of the lungs):** Mix one ounce of leaf juice and one ounce of honey. Add ¼ tsp of the powders of pipli, dry ginger, pepper and sugar candy and give thrice a day.
- 65.8 Sore throat and fever:** Boil the leaves in water and inhale the steam.
- 65.9 Blocked nose, cold and headache in children:** Give 10 drops of lukewarm leaf-juice thrice a day. Also soak a piece of cloth in the juice and apply on the forehead and on top of the head for headache and blocked nose respectively.
- 65.10 For severe cough (especially in children):** Grind the leaves, garlic and ginger in equal proportion and give little by little with honey.
- 65.11 Gas problems:** Boil the skin of lemon fruit in a cup of water. Add a tsp of the juice of leaves and drink it daily before sleep.

## **66. SHOE FLOWER: (*Hibiscus rosa-sinensis*) 48**

**66.1 Amenorrhoea (absence of menses) menorrhagia (profuse bleeding) and leucorrhoea:**

(a) Eat 3-5 buds or flowers on empty stomach.

(b) Take 2 tsp of the shoe flower syrup twice a day for 2-3 weeks.

*To prepare shoe flower syrup:* Put the flowers and jaggery powder in a glass jar in equal proportion. Keep it in the sun for 21 days. Pour out the juice and preserve.

**66.2 Dysentery:** Eat a few flowers or buds; or take 2 tsp of the above preparation. Take rehydration drink along with it.

**66.3 Seminal weakness:** Eat a few buds daily for 2-3 weeks.

**66.4 Gonorrhoea:** Give seed powder.

Dose: 1 tsp with water twice a day.

**66.5 Hair tonic (shampoo):** Crush the leaves and wash the hair with it.

## **67. APARAJITA (*Clitoria ternatea*) 107**

**67.1 Ascites, enlargement of abdominal viscera:** Mix 40 grains of dry ginger powder and 40 grains of seed powder of aparajita in a cup of milk and give to drink twice a day.

**67.2 Hemicrania (one-sided headache):** Put two drops of the root juice of the white flower variety into the nostrils.

**67.3 Poor memory:** Take root or seed powder, 1 pinch with honey, twice a day.

**67.4 Glandular swelling:** Apply warm leaf juice mixed with common salt.

**67.5 Snake poison:** Take 1 tsp-root paste internally and apply the same externally.

## **68. SARPAGANDHA (*Rauvolfia serpentina*) 92**

- 68.1 Poisonous bites and stings of insects:** Give one pinch of root powder. (One or two doses will be enough).
- 68.2 Insomnia, insanity, high blood pressure:** Give root powder, one pinch twice a day.
- 68.3 Colic, dysentery:** Give one pinch of root powder of sarpagandh once or twice.  
(*Caution: overdose is harmful*)

## **69. HENNA (Mehndi) (*Lawsonia inermis*) 35**

- 69.1 Headache:** Apply leaf-juice or paste mixed with some oil on the forehead and top of the head.
- 69.2 Burning of the feet:** apply leaf paste to the soles at night.
- 69.3 Rheumatism, burns, sprains and inflammations:** Apply leaf-paste.
- 69.4 Infected wounds, whitlow, ingrowth of toe nails and ulcers:** Apply leaf-paste mixed with a little turmeric powder
- 69.5 Ulcers in the mouth:** Gargle with leaf decoction.
- 69.6 Jaundice and other liver problems:** Take leaf-paste with jeera.  
Dose: One tablespoonful of paste twice a day for 3-7 days.
- 69.7 To induce sleep:** Stuff the pillow with flowers and leaves and sleep on it.

## **70. GHIKUMARI (*Aloe vera*) 34**

- 70.1 Cancer:** Prepare the following medicine and take it regularly.  
Take two or three leaves of Aloe vera. Remove the thorns and cut them into small pieces. Add ½ kg of honey and four tablespoonfuls (60 ml) of distilled liquor (whisky or brandy or Mahwa liquor). Beat well (if possible in a mixy). Preserve it in a cool place.

**Dose:** One tablespoonful three times a day on an empty stomach (at least 1 hour before meals). Take the medicine for 10 consecutive days. Stop taking for 10 days. Start taking for another 10 days. Repeat this cycle until total cure is confirmed by medical examination.

Don't stop, even if you feel initial improvement. Also don't give up when there is nausea, vomiting, dysentery or skin eruption etc. Vegetarian diet is highly recommended.

This preparation is also good for ulcers, bedsores, psoriasis, rheumatism, and varicose veins. It is also effective as a preventive for cancer.

**70.2 Inflammation, tumour, ulcer, burns, boils, cuts and wounds, whitlow:** Apply leaf pulp.

**70.3 Dandruff:** Apply the leaf pulp on the scalp and rub it well. Bathe after half an hour.

**70.4 Hardening of the tissues:** Apply leaf pulp.

**70.5 Menstrual problems, leucorrhoea, fever, constipation, stomach ulcer, chronic skin diseases and piles:** Take one tablespoonful of leaf pulp with jaggery in the morning on an empty stomach for a week. If needed, have one more course after 10 days.

**70.6 Liver problems and enlarged spleen:** Take one tablespoonful of pulp with 5-7 black pepper and a pinch of ginger powder daily in the morning, on empty stomach for 10-15 days.

**70.7 Intestinal worms:** Take 1 tsp of leaf pulp on empty stomach in the morning for 5-7 days.

**70.8 Gonorrhoea:** Take half a cup of the pulp with sugar, thrice a day for 7-10 days.

**70.9 For various infections of eyes:** Dissolve dried pulp in water; mix a little fried alum and very little opium. Strain it with a fine cloth and use it as eye drops.

## **71. AKARKARA (*Pellitory*) (*Anacyclus pyrethrum*) 36**

- 71.1 Toothache:** Bite the flower with the aching tooth.
- 71.2 Sore throat, tonsillitis:** Use root decoction as a gargle or chew one or two flowers.
- 71.3 Paralysis, chorea, hemiplegia, rheumatism:** Take  $\frac{1}{4}$  tsp root powder with honey, twice a day.
- 71.4 Epilepsy:** Take root powder, one pinch with honey. Also sniff root powder.
- 71.5 Children who are late to talk:** Give root decoction.

## **72. SWEETFLAG (*Acorus calamus*) 27**

- 72.1 As an anti-infective:** Take  $\frac{1}{8}$ <sup>th</sup> tsp of the rhizome powder or paste with honey.
- 72.2 Epilepsy:** Take 1 pinch of rhizome powder with honey, once a day on an empty stomach in the morning for at least 30 days.  
Diet: Take only rice and milk.
- 72.3 Dyspepsia, diarrhoea in children, vomiting:** Give one tablespoonful of infusion of the rhizome OR  $\frac{1}{8}$ <sup>th</sup> tsp of paste with honey.
- 72.4 Cough, fever, throat infection intestinal worms:** Take  $\frac{1}{8}$ <sup>th</sup> tsp of rhizome paste with honey.
- 72.5 Speech defects, low IQ:** Give  $\frac{1}{8}$ <sup>th</sup> tsp rhizome powder with ghee at bedtime for 40 days.
- 72.6 Throat infection:** Chew a small piece of rhizome and swallow the juice.
- 72.7 Asthma:** Give  $\frac{1}{8}$  tsp rhizome powder with honey every 2 – 3 hours till relief is obtained.
- 72.8 Hysteria, neuralgia:** Give rhizome powder, one pinch, with honey.

**72.9 As insecticide:** Sprinkle rhizome powder.

**72.10 To purify water:** Crush and put a small piece of rhizome in the water.

*(Note: Sweet flag should be taken with honey or jaggery. Overdose can be harmful)*

### **73. MARYGOLD (*Tajetes erecta*) 47**

**73.1 Varicose veins, chilblains, burns, scars, cut and wounds, impetigo:** Apply the warm paste of flowers or leaves.

**73.2 Scorpion sting:** Apply the juice of flowers or leaves mixed with a little rock salt

### **74. ROSE (*Rosa centifolia*) 32**

**74.1 Uterine problems.**

(a) Eat a few petals daily.

(b) Prepare syrup and take 1 tablespoonful, twice a day.

*Procedure to make the syrup:* Put rose petals and jaggery powder (1:1) in a glass jar. Keep it in the sun for 21 days. Pour out the solution and preserve.

**74.2 Constipation, gas trouble:** Petals of flower (10-15) may be taken or decoction of the petals can be used.

**74.3 Headache:** Instill a few drops of the petal-juice into the nostrils.

**74.4 Migraine:** Instill a few drops of the petal-juice into the opposite nostrils.

**74.5 Nutritive:** Petals eaten after meals regulate digestion, absorption and metabolism.

### **75. PERIWINKLE (*Catharanthus roseus*) 33**

**75.1 Dysentery, diarrhoea:**

(a) Boil about 30-40 leaves of periwinkle in two glasses of water and reduce to half.

Dose: One or two tablespoonfuls at 2-3 hrs intervals.

(b) Chew 3-5 leaves and drink the juice.

- 75.2 Cuts and wounds:** Apply the juice or paste.
- 75.3 Diabetes:** Eat 5-9 flowers or 3-5 leaves daily in the morning.
- 75.4 Sting of bees and wasp:** Apply leaf paste.
- 75.5 Constipation:** Boil 30 g root in two glasses of water, reduce it one glass. Take it in three divided doses.
- 75.6 High BP:** Make a decoction with 60 g of the whole plant, boiled in two glasses of water, reduced to one glass.  
Dose: 1 – 2 ounces with a tsp of lemon juice
- 75.7 Cancer (especially leukaemia):** Boil 60 g periwinkle root in 4 glasses of water, reduce it to one glass.  
Dose: 60 ml  
(Note: Vincristine injection for leukaemia is prepared from periwinkle.)  
(Caution: Overdose of periwinkle is harmful)

## **76. TULSI (*Ocimum sanctum*) 30**

(Every part of the plant is medicinal. The leaves should not be boiled for long time)

- 76.1 Asthma (To prevent attack), liver problems:** Take leaf infusion.

**Mode of preparation:** Put a handful of tulsi leaves in boiling water. Remove it from the fire and keep it covered for twenty minutes. Squeeze the leaves into the water, strain and drink.

Dose: one glassful in the morning on empty stomach.

- 76.2 Malaria (as preventive):**

- (a) Boil a handful of leaves with seven black pepper corns (crushed). Remove from the fire. Allow it to cool. Strain and drink.

Dose: 1 glassful for 30 days: afterwards, once every week.

- (b) Eat five tulsi leaves and three pepper corns twice a week for two to three months.

- 76.3 Cough, pneumonia, bronchitis in children:** Give leaf juice with honey (1:1)  
Dose: 2 tsp twice a day for 3-5 days.
- 76.4 Diarrhoea, dysentery, fever, flu and cold:** Take a mixture of tulsi juice, onion juice, clear ginger juice and honey (all in equal proportion).  
Dose: 2-3 tsp twice a day.
- 76.5 Chronic skin disease, purification of blood:** Take leaf juice with honey.  
Dose: 2 tsp on empty stomach in the morning for one month.
- 76.6 Earache:** Pour 2-3 drops of leaf juice into the ear, thrice a day for two days.
- 76.7 Vomiting, intestinal worms:** Take leaf juice. Dose: 2 tsp
- 76.8 Skin disease:** Make a paste of tulsi leaves mixed with lemon juice and apply.
- 76.9 Boils:** Apply leaf paste.
- 76.10 Nerve weakness, lack of vitality:** Take 10g of root powder with ghee in the morning.
- 76.11 Snake bite:** Give 10g of leaf juice at regular intervals. If the patient is unconscious, apply the leaf juice all over the body especially in the navel, eyes, nose, ears and mouth. Repeat the process several times.
- 76.12 As prophylactic** (That prevents the attack of many diseases): Take 5-7 tulsi leaves frequently or wear a garland of beads made of tulsi stem. (one garland for one year only)
- 76.13 Chronic cold, runny nose, blocked nose, sneezing:** Put one or two drops of tulsi leaf juice into the nostrils. Also put few drops on the top of the head.
- 76.14 Rat bite:** Apply tulsi leaf juice mixed with little opium.

## **77. PARIJAT (*Nyctanthes arbor-tristis*) 31**

**77.1 Malaria, fever:** Take the juice or decoction of leaves:

Dose: Juice-1 tsp 4 times a day; decoction - 60g leaves boiled in 2 glasses of water reduced to one glass. Take 1 cup 3-4 times a day. It is said to be effective for *Plasmodium falciparum* (cerebral malaria) also.

**77.2 Sciatica:** Take leaf decoction, 1 cup twice a day. Also apply sciatica oil.

**To prepare Sciatica oil: Ingredients:** Parijat (leaf), amar bael (wp), dhera (ankol-*Alangium salvifolium*), -(lf) keneli (lf) and nirgundi (lf). Take a handful of each of these and boil in 250 ml of mustard oil. Once the ingredients are fully dry, add a little rock salt. Strain the oil. Grind the dry leaves and mix it with the oil. Apply the oil liberally. If the problem is severe, complete bed rest is necessary.

**77.3 Rheumatism:** Apply the above oil. Also take the leaf decoction, ½ cup twice a day.

**77.4 Intestinal worms:** Take 1 tsp of leaf juice with little salt.

**77.5 Cough:** Parijat promotes expectoration of thick phlegm. Take ½ tsp of bark powder with honey.

**77.6 Scurvy:** Take ½ tsp of the seed powder.

**77.7 Poisonous bites:** Take 1 tsp of leaf paste.

## **78. INDIAN BEECH (*Pongamia pinnata*) 72**

**78.1 Herpes:** Apply the paste made of a handful of leaves and a tsp of turmeric powder.

**78.2 Scabies:** Apply seed paste.

**78.3 Old sores:** Grind a piece of bark to powder, mix it with a little nirgundi leaf juice and apply.

**78.4 Leprosy:** Apply the seed oil. You can also fry the seeds in neem oil and apply the oil.

- 78.5 Cuts and wounds:** Clean the wound with bark decoction for a week.
- 78.6 Joint pain, psoriasis, scabies on the head, ring worm (tinea):** Mix Karanj oil and lemon juice 1:1 and apply.
- 78.7 Rheumatic pain:** Boil a few leaves in water and foment the affected part for some time.
- 78.8 Bleeding piles:** Eat half tsp of the paste of fresh bark with butter.
- 78.9 Scorpion sting:** Apply the paste made of leaf juice and a pinch of asafoetida powder.
- 78.10 Diabetes:** Take 3-5 g of the flower powder with a glass of milk, once a day regularly.
- 78.11 Obesity:** Take 30 ml of root decoction, twice a day for a few months.
- 78.12 Whooping cough, persistent dry cough:** Give fresh powder of seed kernel  $\frac{1}{4}$  tsp twice a day.
- 78.13 All skin problems, sprain, paralysis, bed sore:** apply medicated oil.

*To prepare medicated oil: Ingredients:* Bark of karanj, betel leaves, drumstick leaves, leaves of Ferud, Tarutavel (whole plant), aloe vera (leaf), onion, satavar (root), rice wash water, oil (coconut or til oil)

*Procedure:* Take 350 gm of each of the first seven ingredients. Sprinkle a little water, crush well and take 4 bottles (2400 ml) of the juice. Add 1 bottle (600 ml) of rice-wash water to the juice. To this mixture add 600 ml (1 bottle) of oil. Grind 150 gm satavar root and mix with the solution. Boil this mixture on a slow fire until the ingredients become hard and reddish. Remove from the fire and preserve.

- 78.14 Malaria:** Make a fine powder of neem leaves, tulsi leaves, karranj leaves, chiretta and blackpepper (all in equal proportion);

As a preventive: Take ½ tsp powder once a day for a month; later on continue once a week.

As a cure: Take 1 tsp powder with honey 3 – 4 times a day for 5 days; then continue once a day for a month.

## **79. COCONUT TREE (*Cocos nucifera*) 64**

- 79.1 Vomiting, diarrhoea, cholera:** Take tender coconut water (every 20 – 30 minutes) as oral rehydration solution.
- 79.2 Heart problems:** Drink 50-100 ml of tender coconut water regularly.
- 79.3 Rashes, scabies:** Apply coconut milk or rub the scrapings on the affected part.
- 79.4 To increase breast milk:** Drink *kanji* made of coconut and rice.
- 79.5 Body pain:** Massage the body with the oil.
- 79.6 Freckles (discoloration/brown spots on the skin):** Mix a little paste of *kalijeera* (black cumin) with coconut milk and apply.
- 79.7 Stomach pain:** Boil 20g of coconut root in 2 glasses of water, reduce to half and take in two doses for a few days.
- 79.8 Burns:** Apply coconut oil.
- 79.9 To bathe infants:** Pure coconut oil is the best for bathing babies.
- 79.10 For fair complexion (of infants):** Unfermented coconut juice (toddy) taken 2-3 times a week during pregnancy is said to have marked effect on the complexion/colour of the infants.
- 79.11 Headache, pain, sprain, cracks on feet and skin:** Apply analgesic balm.

**Mode of preparation: Ingredients:** Coconut oil –200 ml, bee wax, -50 g, camphor- 40g, pepper-10g, turmeric powder-1 tsp.

**The process:** Boil the oil with the wax. Add pepper powder

and turmeric powder and strain the solution when it is very hot. Keep it to cool. When the solution is lukewarm, add the camphor powder and keep on stirring until it is cool. Bottle and preserve.

## **80. TAMARIND TREE (*Tamarindus indica*) 66**

- 80.1 For sweet voice:** Take 5g of fruit pulp (at least one-year old) with honey, every morning.
- 80.2 Body pain:** Boil tamarind leaves and bathe in that water.
- 80.3 Infected wound:** Boil tamarind leaves with a few curry leaves and wash the wound with the decoction.
- 80.4 Scorpion sting:** Rub a tamarind seed on a stone. Apply the hot seed on the affected part. Repeat the process, if required.
- 80.5 Piles:**
- (a) Drink 15 ml of the flower juice twice daily.
  - (b) Boil 2 handfuls of tamarind leaves in a glass of water and reduce it to half glass. Drink it before going to sleep. Continue for 7 days.
- 80.6 Conjunctivitis:** Apply a few drops of leaf juice with breast milk.
- 80.7 Antidote to Datura intoxication, alcoholic intoxication:** Mix 5-10g ripe fruit pulp with water and drink.
- 80.8 Swollen feet:** Take 30 ml leaf juice thrice a day. Also keep the feet in warm water in which tamarind leaves have been boiled.
- 80.9 Gas problems:** Take tamarind jam 2 tsp in the morning for 2-3 weeks.

**To prepare tamarind jam:** Soak old tamarind fruit (at least one year old) overnight in an earthen container. Mix it well with a stick (do not use metal) and remove the fibers. Mix it with jaggery (1:1), add 1 tablespoonful of lime (chuna) and mix well again until it becomes like jam. Put it in a glass container. Fill

only  $\frac{3}{4}$  of the container. Close it loosely and leave it for 72 hours.

**80.10 Leucorrhoea:** Soak tamarind seeds overnight in water. Remove the cortex and grind into a paste.

Dose: One tablespoonful of paste mixed with a cup of milk in the morning for 7-15 days.

**80.11 Prolapsed uterus:** Grind old tamarind fruit pulp in the juice of Bhringrag (49) and take 1-2 tsp in the morning for 10 days.

**80.12 Blood in the urine:** Slowly eat 2 tamarind seeds daily

**80.13 Diarrhoea:** Grind tender tamarind fruit with the seeds and eat. (Tender fruits can be dried and kept).

## **81. BABUL TREE (*Acacia nilotica*) 78**

**81.1 Toothache: Pyorrhea, bleeding gums:** Use tooth powder made of the bark or stem.

**Mode of preparation:** Grind the following separately to a fine powder and mix well: Charred wood of babul -6 parts; alum (roasted) -2 parts, rocksalt-1 part and dry ginger powder 1 part. Your tooth powder is ready.

**81.2 Diarrhoea, dysentery:** Eat the paste made of tender leaves and jeera (1:1).

Dose: 10g, thrice daily.

**81.3 Tonsillitis:** Gargle with the bark decoction mixed with a little salt.

**81.4 Watering of eyes:** Boil 250g of leaves in 2 litres of water, reduce to 1 litre. Filter and keep. Apply the decoction on the eyelids.

**81.5 Male sexual debility:** Take 30 ml of fresh pod juice with honey for two months.

**81.6 Conjunctivitis:** Mix bark juice with breast milk (1:1); use it as eyedrops.

- 81.7 Cough, sore throat:** Chew the tender leaves with 3 grains of pepper and swallow the juice.
- 81.8 Gonorrhoea, leucorrhoea, prolapsed uterus, prolapsed anus, vaginal problems:** Use bark decoction for sits bath and / or douche. Also take decoction or powder of the bark internally.
- 81.9 Diabetes:** Boil 30 g of bark in two glasses of water, reduce to one glass.  
Dose: half cup twice a day.
- 81.10 Infected wounds:** Apply a paste of tender leaves.

## **82. GOOSEBERRY (*Phyllanthus emblica*) 94**

- 82.1 Gas problem:** Mix 6g of fresh fruit paste in 100 ml of milk and take twice a day for 21 days.
- 82.2 Eyesight:** Apply fruit juice as eyedrops.
- 82.3 Skin allergy:** Mix 3g of fruit powder in 10 g of ghee. Take it once a day for 3 months.
- 82.4 Painful urination:** Apply fruit paste on the abdomen. Also take one tsp of it internally.
- 82.5 Growth of hair, prevent falling of hair :** Soak gooseberry powder overnight in water. Rub the water well onto the scalp.
- 82.6 Leucorrhoea:** Take 30 ml of fresh juice or 1 tsp powder of gooseberry twice a day.
- 82.7 Diabetes:** Take 30 ml of fresh fruit juice daily.
- 82.8 Rejuvenation:** Keep a few berries in honey. Take one fruit along with a tsp of honey everyday for a few months.
- 82.9 Menorrhagia:** Take bark decoction:  
Dose 30 ml, twice daily for a week.
- 82.10 Weakness, lack of appetite, insomnia, gas problem etc (as a general tonic):** Take *gooseberry arisam*.  
Dose: 1 tablespoonful, 2-3 times a day.

**Mode of preparation of gooseberry aristam:** Get gooseberry (without cuts or damage) and jaggery in 5:3 proportion. Powder the jaggery. Wash the berries and dry them. Take an old mud pot which has been in use for a long time or a porcelain or glass jar. Put jaggery powder and berries in alternate layers. For better taste add little of the powders of jeera, somph, cardamom, cinnamon, and dry ginger. Close the container well and bury it in dry mud for 40 days. Take it out on the 41<sup>st</sup> day and strain out the solution. Keep the solution still for about one or two weeks. When the sediments get settled, bottle the solution and preserve.

**82.11 Mouth Ulcers:** Chew tender fruits and swallow the juice.

**82.12 Convulsions during pregnancy:** Drink half a cup of fresh gooseberry juice on an empty stomach every day.

### **83. CHEBULIC MYROBALAN (harrah) (*Terminalia chebula*) 10**

**83.1 General Tonic - Triphala churnam:** *Method of preparation:* Take the rind of harrah, Bahera (84), and avala (82) in 1:2:4 ratio respectively. Grind them together into a fine powder. Bottle it and preserve.

**83.2 For better eyesight:** Eat 5g of triphala churnam (83.1) with ghee or honey twice a day. Also wash the eyes daily with the cold infusion of the same powder.

**83.3 Cataract, night blindness:** Make a decoction of triphala (harrah, bahera, and avala, altogether 60 g boiled in two glasses of water and reduce to one glass), cool it and pour little by little (dara) continuously into the eyes.

**83.4 As a laxative:** Take 10g of fruit rind powder in a glass of warm water at bedtime.

**83.5 Dyspepsia:** Take 3 g of powder with honey, half an hour before meals.

**83.6 Hydrocele:** Boil the fruit in cow's urine. Dry it and make a

fine powder of the rind. Add a little castor oil to 5g of the rind powder. Take it on an empty stomach in the morning.

**83.7 Wounds, ulcers, and burns:** Boil fruit rind in water and use as lotion.

**83.8 Boils:** Apply fruit paste with honey. To hasten suppuration and break the boil, apply the same with butter.

**83.9 Jaundice:** Take 30 ml fruit decoction thrice daily.

**83.10 Cholera:** Make a decoction of harrah- 4 g, curry leaves- 30 g, dry ginger- 10 g; boil them with 8 times its weight of water and reduce to 1/4.

Dose: 60 ml every 3 hours or even oftner.

**83.11 Infected burns:** Grind the rind of the fruit in the juice of lawn grass and apply.

**83.12 Leprosy:** Grind the rind of harrah fruit and neem leaves in equal proportion and take one teaspoonful paste daily in the morning on empty stomach.

#### **84. BELLERIC MYROBALAN Bahera (*Terminalia belerica*) 69**

**84.1 Cough, hoarse voice, sore throat:** Take 3 g of the powder of fruit- rind with honey.

**84.2 Cuts and wounds, ulcers and skin diseases:** Wash the affected part with rind-powder and water and apply triphala churnam (83.1)

**84.3 Diarrhoea, dysentery:** Take 1 tsp of rind-powder with curds.

**84.4 Insomnia:** Eat the kernel of 3 fruits before going to bed.

**84.5 Sexual weakness:** Take the kernel of 3 fruit daily for a month.

**84.6 Allergy caused by marking nut tree:** Sit in the shade of bahara tree.

**84.7 Skin rash:** Apply bark juice

**84.8 To induce labour:** Eat the kernel of 3-7 seeds.

**84.9 Chronic diarrhoea, dysentery:** Eat the kernel of 3 seeds with 3g of pepper, twice daily.

**85. SWAMP PEA (*Sesbenia grandiflora*) 38**

**85.1 Rheumatic pain:** Apply root bark paste externally. Also eat 2.5g of root bark powder with honey or ghee.

**85.2 Scabies:** Apply bark powder mixed with coconut oil.

**85.3 Dyspepsia:** Take 30 ml of fresh bark juice with 5 ml of ginger juice.

**85.4 Night blindness, rickets, and deficiency of calcium:**

(a) Take 30 ml of leaf juice or flower juice twice-daily for 3 weeks.

(b) Eat tender leaves regularly as vegetables; for better results, take it without salt.

**85.5 Fever:** Take 30 ml of flower-juice with pepper powder.

**85.6 Leucorrhoea:** Take 30 ml of flower juice with equal quantity of milk. Also eat tender leaves as vegetables.

**85.7 Sinusitis, epilepsy, congested cold, heaviness of head, runny nose:** Use leaf juice as nasal drops for 7 days. For epilepsy, continue for a longer period.

**85.8 Boils:** Grind a few seeds in milk, make a paste and apply till it gets healed.

**85.9 Anaemia:** Take 30 ml of seed decoction, or fresh leaf juice.

**85.10 Leucoderma:** Apply flower juice. Also eat a few tender leaves.

**85.11 Measles:** Apply flower juice all over the body.

**85.12 Bronchitis, pneumonia:** Give flower juice, once or twice a day.

**85.13 Cuts and wounds, punctured wounds:** Apply leaf-juice.

**85.14 For better eyesight:** Use fresh leaf-juice regularly as eyedrops.

**85.15 Intestinal worms (especially tape worms):** Give 60 ml of leaf juice for a few weeks.

## **86. BAMBOO (*Bambusa arundinacea*) 65**

**86.1 Respiratory problems (cough, bronchitis, pneumonia):** Take *Sitophaladi churnam*.

Dose: half to one tsp twice a day:

*Method of preparation of Sitophaladi churnam.:*

*Ingredients:* Cinnamon-10g; Cardamom-20g long pepper-40g; Vansalochan (available from the shop)- 80g; Sugar candy 160g. Make a fine powder of all these, mix them well and preserve.

**86.2 Indigestion:** Eat bamboo shoot pickle

**86.3 Menstrual problems:** Take 30 ml of decoction of bamboo shoot or tender leaves, 3 times a day for 3 days.

**86.4 Pinworms:** Take 30 ml leaf juice or leaf decoction (60 g leaves boiled in two glasses of water and reduce to one glass) with a pinch of asafoetida, twice a day for 3 days.

**86.5 Ulcers, wounds:** Apply the paste of tender shoot and bandage.

**86.6 To induce labour; to expel placenta:** Take decoction of bamboo shoot or tender leaves with jaggery.

**86.7 For expelling maggots from the wounds of animals:** Apply the paste of tender shoot and bandage the wound.

## **87. PEEPAL TREE (*Ficus religiosa*) 70**

**87.1 Vomiting:** Take 2 ounces of bark decoction with sugar candy.

**87.2 Night fever:** Take 5-10g of bark-paste or leaf paste with 100 ml of milk at bedtime.

- 87.3 Diabetes:** Take 30 ml of bark decoction with a cup of milk once daily.
- 87.4 Asthma, infertility in women:** Boil one tsp of fruit powder in a glass of water and drink on empty stomach. Continue for 14 days.
- 87.5 Rat bite:** Take 10g of root bark paste in milk.
- 87.6 Cracks on the feet:** Apply the milky juice (latex) with ghee.
- 87.7 Skin problems:** Take 1 tsp of tender leaf paste with milk and sugar.
- 87.8 Safe delivery:** Apply bark paste on the pubic region.
- 87.9 Constipation:** Take 100 ml of seed decoction on empty stomach.
- 87.10 To break abscess:** Grind a few buds and tender leaves to a paste. Warm it and apply as a poultice.
- 87.11 Cough:** Chew the tender twigs of pipal tree and swallow the juice. If chronic, continue for 21 days.
- 87.12 Impotency / infertility in men:** Boil 30 g bark powder in a cup of milk and cup of water and reduce to one cup. Take it with a little honey and ghee at bedtime. (Honey and ghee should not be in equal proportion.)
- 87.13 Leucorrhoea:** Take 30 ml of bark decoction of pipal tree with a cup of milk. Along with this, do douche with the bark decoction.

## **88. BANYAN TREE (*Ficus Benghalensis*) 67**

- 88.1 Piles:** Take 10g of the tender part of the aerial roots and make a paste. Mix it with 100 ml of milk and take at bedtime.
- 88.2 Cracks on the feet:** Apply the milky juice (latex).
- 88.3 Diarrhoea:**
- (a) Take 30 ml bark juice with honey or sugar.
  - (b) Grind 20g. tender aerial root with rice-wash water, mix it with butter milk and drink. (one dose is enough.)

- 88.4 Ulcer:** Take 30 ml of leaf juice with milk twice a day.
- 88.5 Dysentery:** Take 1 tsp of paste of leaf buds with honey or buttermilk.
- 88.6 Constipation:** Soak a few dry fruits in a cup of milk. Eat the fruit and drink the milk at bedtime.
- 88.7 Back pain, rheumatic pain.** Mix a little latex with coconut oil and apply.
- 88.8 Diabetes:** Take 30 ml of fresh bark juice in milk twice a day.
- 88.9 Vomiting:** Take 30 ml of decoction of aerial roots with sugar.
- 88.10 Skin allergy:** Wash the body with the leaf decoction.
- 88.11 Fracture:** Set the bones properly. Apply the paste of the aerial root and breast milk and bandage well.
- 88.12 Infertility in women:** Grind 8 stem buds of banyan tree, mix the paste in a cup of milk and drink. Take it for 3 days after the completion of menses and continue for 7 consecutive months.
- 88.13 Infertility in men:** Put 10 drops of the milk of banyan tree on 'batasa' or in a tsp of sugar candy and eat it early morning on an empty stomach for 2-3 weeks.

## **89. FIG TREE (*Ficus racemosa*) 71**

- 89.1 Diabetes:** Boil 60 g bark in two glasses of water and reduce to half a glass. Take it on empty stomach with a little honey.
- 89.2 Leucorrhoea:** Take 30 ml of bark decoction.
- 89.3 Bleeding piles:** Soak 10 dry fruits in a glass of water overnight. Eat them in the morning and drink the same water. Continue for one month.
- 89.4 Mumps:** Apply the latex on the inflamed glands.

- 89.5 Chicken pox:** Take the paste of one or two fruits and a piece of liquorice in milk..
- 89.6 Cough:** Cook 10 g of tender leaves in milk and take with 2g of long pepper powder.
- 89.7 Back pain:** Take 30 ml of fruit juice with terminalia chebula (harrah) powder twice daily.
- 89.8 Dysentery, gas problems:** Take a mixture of 5g of ajowan powder in 30 ml of fruit juice.
- 89.9 Heart problems.** Take a few dried fruits with milk regularly.
- 89.10 Spongy gums:** Boil 10g of bark in ½ litre of water and reduce to half. Use it as mouthwash.
- 89.11 Asthma:** Boil 2 tsp fruit powder in a cup of water and drink.
- 89.12 Infertility in women:** Boil 2 tsp fruit powder in a cup of milk and drink.
- 89.13 Easy delivery:** Apply bark paste around the umbilicus.
- 89.14 Excess menstrual bleeding:** Crush and soak 60 g bark in a glass of water overnight. Strain and drink the solution in the morning.

## **90. DITA BARK (*Alstonia scholaris*) 100**

- 90.1 Leprosy:** Take 1 tsp of the root bark powder of dita bark in a cup of milk twice a day.
- 90.2 Asthma:** Mix 1 tsp of bark juice, 1 tsp of honey and 2 mg of pipili powder and give, twice a day for a month.
- 90.3 Malaria, skin diseases, diarrhoea and purification of blood:** Boil 25 g of dita bark in 200 ml of water and reduce to ¼ th decoction. Take it in two divided doses for 14 days. As a preventive for malaria, the same decoction can be taken, 60 ml, occasionally.

- 90.4 Infected wounds:** Dry and make a fine powder of tender dita leaves; make a poultice of the powder with a little water and apply. You can also apply the milky juice on the wounds.
- 90.5 Hardness of hearing:** Make a paste of dita leaves and cotton-seeds in equal proportion. Mix it with twice its weight of any edible oil. Boil it on slow fire until the water gets evaporated. Put 2 drops into the ear.
- 90.6 Rheumatic pain, ulcers:** Apply milky juice.
- 90.7 Earache:** Mix milky juice and oil in equal proportion and use it as eardrops.
- 90.8 Eczema, dry:** Apply milky juice to remove the crusts and then apply any of the medicines for eczema.
- 91. GOLDEN SHOWER – Amaltas - (H) (Cassia fistula) 40**
- 91.1 Stomach pain:** Crush a seed and take it along with the flesh of the fruit.  
Dose: One seed, once a day for 21 days.
- 91.2 Constipation:**
- (a) Boil 10g of the flesh of the ripe fruit in 4 ounces of water and reduce it to 2 ounces. Drink one tablespoonful before sleep. (It is a safe laxative for pregnant women)
  - (b) Prepare pills and use. *Procedure.* Rose bud-5 parts; senna leaves- 5 parts; pulp of the amaltas fruit, - 3 parts: and harrah, - 5 parts. Grind all these together and make mutter-size pills.  
Dose: one pill before sleep.
- 91.3 Snake bite:** Make a paste of the root bark of amaltas. Give 1 tsp internally and apply it at the bitten part.
- 91.4 Spider poison:** Grind the leaves of Golden shower (amaltas) in cow's urine and apply.

**91.5 For all sorts of skin problems:** Take the bark decoction, 1 cup twice a day. Also grind the leaves in rice-wash water and apply.

## **92. ARJUNA (*Terminalia arjuna*) 12**

**92.1 Asthma:** Prepare '*khir*' (rice cooked in milk with sugar) on a full moon night. Expose the *khir* in a flat plate to the full moon light for the whole night. In the morning, at about 4.30 a.m., mix about 1 tablespoonful of the powder of arjuna bark to the *khir*, and eat it after a bath.

It is better that the person fasts the previous day (at least forgoes supper) before he takes this preparation. It is enough to take it once. It is especially effective for asthma caused by pollen and dust allergy.

**92.2 Pimples:** Apply the paste of arjuna bark.

**92.3 Heart problems:** Boil 30g of bark powder in a cup of milk and a cup of water and reduce to half. Take it twice a day for about a year.

**92.4 Varicose veins:** Use the bark juice of Arjuna tree both internally and externally.

**92.5 Fracture:** Set the bones properly and apply the bark paste and bandage. Also, take 1 tsp of the bark paste internally twice a day.

**92.6 Obesity:** Take arjuna bark decoction or paste.

**92.7 Diarrhoea, dysentery, vomiting of blood:** Take bark decoction, ½ cup twice a day.

**92.8 Spermatorrhoea:** Prepare a decoction of arjuna bark and white chandan in 1:1 proportion.

Dose: ½ cup twice a day.

**92.9 Gonorrhoea:** Take decoction of bark and harrah (1:1).

Dose: ½ cup twice a day.

**92.10 Ulcers, sores:** clean with bark decoction.

### **93. ASHOK (*Ashoka indica*) 41**

**93.1 Uterine bleeding, bleeding piles:** Boil 120g of ashoka bark powder in 1 cup of milk and 4 cups of water, and reduce to one cup. Take it in two divided doses.

**93.2 For all kinds of menstrual disorders, and leucorrhoea:** Boil 120g of bark powder and 120 g of black til (sesame) in 1 glass of milk and 4 glasses of water; reduce to 1 glass; take it in three divided doses a day. Prepare the decoction daily.

**93.3 Discolouration of the face, purification of blood and for fair complexion:** Grind ashoka flower and rice flour and eat with jaggery. Also, apply a paste of the flower on the face.

### **94. NEEM (*Azadirachta indica*) 13**

*(Note: Every part of neem tree is medicinal. When you use the bark, make sure it is from an old tree.)*

**94.1 Skin problems: Infection, inflammation, burns, herpes, earache, ear-flow, itching and burning sensation etc. (for external use):** Apply neem leaf oil.

*To prepare neem leaf oil:* Boil 150g of leaves in 250 ml of any edible oil. When the leaves become dry, add 2 tsp of turmeric powder. After one minute, strain the oil. Add 5g of camphor powder after the oil becomes cool. Bottle the oil and preserve. The dry leaves can be ground and used as a paste.

**94.2 Teeth and gum:** Brush your teeth with a twig of the plant.

**94.3 Chicken pox:** Spread neem leaves in the room and on the bed of the patient. After the pustules appear, make a paste of neem leaves and a few black pepper corns and give 1 tsp twice a day with honey.

To remove the scars, apply a paste of red sandalwood and turmeric. Keep it overnight and wash it off in the morning.

**94.4 Boils:** Apply leaf or bark paste.

**94.5 General weakness:** Give  $\frac{1}{4}$  tsp of flower powder with honey or jaggery.

**94.6 Intestinal worms:** Take a tsp of leaf paste with a pinch of salt in the morning on empty stomach for seven days. Continue for 3 months.

**94.7 Malaria, fever**

(a) Boil 60g of chiretta, 60g of neem bark and one tablespoonful of coriander seeds in 4 glasses of water and reduce to  $\frac{1}{4}$ <sup>th</sup> decoction.

Dose: 2 or 3 ounces 3 times a day.

(b) Boil 60 g of the bark powder of neem in one litre of water for 15 minutes and drink.

Dose: 60 – 120 ml just before the beginning of fever.

(c) Preventive for Malaria: Eat one stalk of neem leaves twice or thrice a week, regularly.

**94.8 Simple fever, flu:** Boil neem bark, raisin, and dry ginger in 4 times its wt of water and reduce to  $\frac{1}{4}$ <sup>th</sup> decoction. Take it in 4 divided doses. Continue for 3-4 days.

**94.9 Loss of appetite, liver problems:** Boil 60g of bark in 4 glasses of water. Reduce it to  $\frac{1}{4}$  decoction. Give it in 4 divided doses. Bark juice, 1 tsp or bark powder,  $\frac{1}{2}$  tsp also could be given, twice a day.

**94.10 Piles:** Make a paste of fruit kernel and jaggery in 1:2 ratio.

Dose: 1 tsp once a day for 7 days.

**94.11 Mumps, glandular swellings:** Apply a paste of neem leaves and turmeric ground in equal proportion.

**94.12 Diabetes:** Eat a stalk of neem leaves daily.

**94.13 Immunity to poisonous bites and stings:** Eat a stalk of neem leaves regularly.

## **95. ADUSA (*Adhatoda vasica*) 46**

**95.1 Cough:** The leaves can be taken, either as juice, paste, powder or decoction.

Dose: Juice- 2 tsp; paste- 1 tsp; powder- 1tsp; decoction- ½ cup decoct of 5 leaves. Always better to take it with honey.

**95.2 Lehyam for cough:** Adusa leaf juice- 200 ml, jaggery- 1 kg, pipli- 20g, dry ginger- 20g, pepper- 10g, ghee- 2 tablespoonfuls, cardamom- 5g. Prepare syrup or chocolate as shown in no: 30.2.

**95.3 Asthma:** Make a beedi with the dry leaves of adusa and smoke it during the attack. It gives relief.

**95.4 Cough, difficulty in breathing, asthma:** Take 5 – 10 drops of alcohol extract of adusa flower.

*To prepare alcohol extract of adusa flower:* Put the flowers of adusa in a glass container. Pour alcohol to cover the flowers. Keep it for 21 days, shaking the bottle once everyday. On 22nd day pour out the solution and preserve.

**95.5 TB (tonic) and other chest problems:** Take chest tonic, 2 tsp, thrice a day. For TB, this tonic has to be continued along with other medicines for at least six months.

*To prepare chest tonic: Ingredients.* Tulsi (lf) Sweet flag (rz) dhub ghas (wp) lemon grass (lf) akarkara (rt. and stem) adusa (rt, lf) brahmi (*Centella asiatica*- wp), pepper, pipli, dry ginger, jeera, jaiphal, , ginger mango, kala haldi, garlic, and onion .

*Procedure:* Take all these 16 items in equal proportion and make a strong decoction. Strain the decoction, add enough jaggery and boil on slow fire and make a confection. Once cool, bottle and preserve.

**95.6 Bleeding from the nose, urethra:** Take 1 tablespoonful of leaf juice mixed with equal amount of sugar every 2 hours.

- 95.7 Rheumatic swelling, neuralgia:** Do fomentation with a strong decoction of the leaves.
- 95.8 Cold and Cough:** Beat an egg with a tsp of leaf juice and a tsp of jeera powder. Make egg scramble in ghee and take it in the morning and evening. (eat it warm)
- 95.9 Fresh cuts and wounds, ulcers, inflammatory swellings, skin diseases, scabies:** Apply leaf paste.
- 95.10 Insecticide:** Spray leaf juice.

## **96. CHASTE TREE, Nirgundi, (*Vitex negundo*) 79**

- 96.1 Fever, flu, and body pain:** Boil the leaves in water and bathe in that water.

- 96.2 Rheumatism:** Apply nirgundi oil and massage.

*Procedure to make the oil:* Nirgundi leaf juice- 5 glassfuls; oil (til oil or mustard oil) –1 glassful; paste of nirgundi leaves- 150g. Mix all these and boil on slow fire until the paste becomes like sand. Strain the oil and preserve.

- 96.3 Wounds and ulcers:** Apply nirgundi oil. (96.2)

- 96.4 Glandular swelling on the neck:** Apply nirgundi oil on the head. (96.2)

- 96.5 Chronic arthritis:** Do the following five treatments for 21 to 48 days:

1. Apply liberally nirgundi oil. (96.2)
2. After half an hour of oil application, do fomentation with nirgundi water.
3. Bathe in water in which nirgundi leaves are boiled.
4. Prepare rice as follows and eat once a day. **Rice preparation:** Take as much rice as one can eat. Wash and put it in enough water so that when the rice is cooked no water is left. Make a bundle of 250 g of nirgundi leaves

and put into the rice. Add 2 tsp of jeera and 1 tablespoonful of ghee. Cook the rice and eat.

5. Tea: Boil 30 gm urud (Black gram) in a litre of water for 10 minutes. Drink one cup each every 2-3 hours.

**96.6 Bed sore:** Grind nirgundi leaves, brahmi leaves and apply.

**96.7 Headache:** Apply nirgundi leaf paste on the forehead.

**96.8 Mongoose poison:** Apply leaf-paste.

**96.9 To expel maggots from the wounds:** Pour leaf juice.

**96.10 Contusion:** Apply leaf-paste.

**96.11 Headache, relief of pain, catarrh:** Stuff the pillow with nirgundi leaves and sleep on it.

*Note: Nirgundi is a very good pain killer.*

## **97. AKON or MADAR (*Calotropis gigantea*) 81**

*(Caution: The milky juice of the plant is poisonous and is very dangerous for the eyes)*

### **97.1 Rheumatism, arthritis:**

- (a) Oil with akon: Root paste of akon- 50g; garlic- 50g. Boil both in 100g of mustard oil. Apply it regularly
- (b) Gather the milky juice of madar; mix with equal amount of mustard oil. Heat it in the sun or on fire. Massage with this oil.
- (c) Apply mustard oil on akon leaves, warm it over the fire and apply.

**97.2 Swollen scrotum:** Apply a paste of the roots of akaon, made with *kanji* water over the affected part.

**97.3 Inflammation of prostate gland:** Apply hot fomentation with akon leaves.

- 97.4 Eczema, skin problems, scorpion sting, insect bite, arthritis, ring worm on the scalp:** Boil 8 parts of sesame oil or karanj oil with 16 parts of the milky juice of akon and one part of turmeric. Apply the ointment.
- 97.5 Whooping cough:** Give 2g of the root powder of akon with honey twice a day for 7 days.
- 97.6 Dog bite:** Make a paste of the milky juice of akon, jaggery and til oil – all in equal proportion and apply on the wound. Also give internally a mixture of sesame (til) oil, til oil cake, jaggery and a little milky juice of akon.
- 97.7 Intestinal worms:** Grind and apply akon root on the stomach. Drink a cup of warm water and sleep. Next morning take a tsp of castor oil as laxative.
- 97.8 Corns, warts:** Apply milky juice of akon regularly.
- 97.9 Enlarged spleen:** Apply milky juice over the spleen area after applying some oil; also take one pinch of root bark powder internally.
- 97.10 Syphilis.:** Take 2 – 3 g of fine root powder, thrice a day with water. Gradually, you may increase the dose.
- 97.11 Asthma:**
- (a) Akon flower is effective for asthma.  
Dose: 1-3g flower powder is boiled with jaggery syrup and taken thrice a day.
  - (b) Chew a flower and three pepper corns and swallow the juice.

## **98. LEMON (*Citrus limon*) 98**

- 98.1 TB, bronchitis, asthma, chronic cough and cold (both as tonic and remedy):** Take egg-lemon tonic, 2 tsp, 2-3 times a day.

**Mode of preparation:** Slowly place a few country fowl's eggs in a clean glass jar. Pour lemon juice into the jar until the juice is at least one inch above the level of the eggs. Close the jar and keep it still for 5 to 6 days. The shells of the eggs meanwhile get dissolved. Stir the content well with a stick and remove the membranes. Add equal amount of cool jaggery syrup to the solution. Close the jar well and keep it in the sun for 21 days. The tonic is ready.

- 98.2 Indigestion:** Take a mixture of one tablespoonful each of ginger juice, lemon juice and honey.
- 98.3 Vomiting, morning sickness :** Grind 2-3 lemon seeds, mix it with water and drink.
- 98.4 Cough, cold, sore throat, loss of voice:** Mix one tablespoonful each of lemon juice, honey and rum. Take it twice a day for 3 days. After taking the medicine you must lie down and rest for an hour. Do not drink or eat anything at least for one hour after taking the medicine.
- 98.5 Rash caused by spider:** Make a paste of lemon leaves and green gram and apply.
- 98.6 Scurvy:** Include lemon in your diet.
- 98.7 Chill blains:** Rub lemon on the affected parts.
- 98.8 Cold, flu and asthma (preventive):** Take lemon *sherbet* with hot water, one glass full before sleep.
- 98.9 Cataract (in the beginning stage in old people):** Put a few drops of fresh lemon juice into the eyes.

## **99. CASTOR PLANT (*Ricinus communis*) 84**

- 99.1 Hepatitis A, B, and C (jaundice):** Drink the juice of the tender leaves of castor plant (white variety) with plenty of sugar.
- Dose: 1 cup on empty stomach in the morning, for 3-7 days.  
For Hepatitis B, C continue the treatment for 3-6 months.
- 99.2 Toothache:** Apply a paste of the root of castor plant. It is especially recommended when there is swelling.

- 99.3 Cracks on the nipples of nursing mothers:** Apply castor oil on the nipples.
- 99.4 For lack of breast milk:** Warm a few castor leaves and tie to the breast.
- 99.5 Rheumatism:** Take 2 tsp castor oil with 30 ml of milk.
- 99.6 Leprosy:** Boil castor plant leaf-juice and neem oil in equal proportion till the water is evaporated. Take 25 ml each in the morning and evening for three months. Also, apply the seed oil of *Hydnocarpus wightiana*, (marotty, kushtavairi, jungli almond).
- Abstain from hot food items like drumstick, meat, buffalo milk, egg, fish etc.

## **100. KHANGI (*Abutilon indicum*) 50**

- 100.1 Difficult and painful urination, blood in the urine, burning sensation while urinating:** Boil 60 gms of root in two glasses of water, reduce it one-fourth.
- Dose: 60 ml twice or thrice a day.
- 100.2 Piles:** Eat three leaves early in the morning on an empty stomach for three days.
- 100.3 Excess urination:** Take 1 tsp paste of root in milk, twice a day.
- 100.4 Discoloration of the skin, leucoderma:** Take 5g of seed powder with equal amount of sugar candy and ghee.

## **101. BHAT (*Clerodendrum viscosum*) 102**

- 101.1 Colic:** Take root paste, 1 tsp twice a day.
- 101.2 Intestinal worms:** Take leaf-juice - 1 tsp or leaf-infusion - ½ cup.
- 101.3 Earache, ear flow:** apply leaf juice with oil.

- 101.4 Boils, cuts and wounds:** Apply leaf paste or juice.
- 101.5 Headache:** Chew a piece of root and swallow the juice.
- 101.6 Head lice:** Apply leaf juice with a little hing (asafoetida)

**102. DHATAKI (*Woodfordia fruticosa*) 43**

- 102.1 Diarrhoea, dysentery, internal bleeding, and stomach pain:** Take 10g of the powder of the flowers in curds.
- 102.2 Leucorrhoea, menorrhagia, metorrhagia, bleeding during pregnancy:** Take 10 g of flower powder with honey.
- 102.3 Ulcers and wounds:** Apply flower powder.
- 102.4 Weakness:** Soak a handful of flowers in a glass of water overnight. Drink the water in the morning.

**103. BARIAR (*Sida cordifolia*) 39**

- 103.1 Difficult and painful urination:** Take 1 tsp of root powder with sugar.
- 103.2 Heart problems:** Prepare *khir* (rice cooked with milk and sugar) in a decoction of bariar root and eat.
- 103.3 To prevent threatened abortion, for easy delivery:** Boil 60g. root in a cup of milk and a cup of water, reduce to half and drink. From the 8<sup>th</sup> month onwards, prepare rice in bariar root decoction and eat.
- 103.4 Gonorrhea, piles, rheumatism:** Take root decoction, 1 cup twice a day.
- 103.5 Fever:** Boil 30 gm of bariar root and 30 gm of ginger in four glasses of water and reduce to one glass. Take it in three divided doses per day.
- 103.6 Sleeplessness:** Take root bark powder in cold water before bedtime. Those with rheumatic problems may take it in warm water.

## **104. LONG PEPPER (*Piper longum*) 106**

**104.1 Cough, asthma, respiratory problems in general:** Take *Talispatradi churnam*.

Dose: Babies - 1 pinch with honey or breast milk; adults - ½ to 1 tsp, twice or thrice a day with honey.

*To prepare Talispatradi churnam: Ingredients:* Talispatram- 10g; pepper- 20g; dry ginger- 30g; pipli -40g; cinnamon- 25g; cardamom- 25g and sugar -320 g. Make a fine powder of all these and preserve (all these ingredients can be bought from the shop).

**104.2 Uterine problems:** Take *Pippalyadi ghritam*

Dose: 1 tsp twice a day.

*To prepare Pippalyadi ghritam: Ingredients:* Pipli -30g; rind of anar -180g; coriander seeds -90g; dry ginger -30g; ghee -80g; milk - 480g. Grind the first 4 items together; mix with ghee and milk and boil on slow fire till all the water evaporates.

**104.3 Indigestion, stomach pain, gas and constipation:** Take *sanai churnam*.

Dose: 1 tsp after meals.

*To Prepare sanai churnam: Ingredients:* Sanai leaves, suratovarai [Cassia senna; it can be got from the shop] -250g; dry ginger - 50g; black pepper - 50g; long pepper - 50g; rock salt - 25g . Make a fine powder of all these and preserve.

**104.4 Heart problems:** Take 1/2 tsp of pipli powder mixed with a little lemon juice and a little ghee.

## **105. WINTER CHERRY- *Aswagandh (Whithania somnifera)* 45**

**105.1 Leucorrhoea, nerve weakness, impotence, spermatorrhoea, sleeplessness, for boosting memory and intelligence:** Take 10g. of root powder with ghee and honey twice a day. (Ghee and honey should not be in equal proportion)

## **105.2 Infertility in women:**

- (a) Boil 60g of aswagandh root powder in 2 glasses of water and reduce to one glass. Mix the decoction with milk, ghee and honey and drink. Take it for 10 days, starting from the cessation of menses; continue for 3 consecutive months.
- (b) Mix 1 tsp of aswagandh root powder and 1/4<sup>th</sup> tsp of pipili powder to a cup of milk. Add a little ghee and honey. Take before bed time.

**105.3 TB:** Boil 2 tsp root powder in a glass of milk (if possible, goat's milk) and a glass of water. Reduce to one glass and drink.

Dose: One glass each morning and evening. Continue for 3-6 months. Along with this medicine, take egg lemon tonic (98.1) or chest tonic (95.5)

**105.4 Infected wounds, syphilis, gonorrhoea:** Apply leaf juice.

## **106. BETEL LEAF (*Piper betle*) 112**

**106.1 Difficult breathing, cough, indigestion and inflammation of larynx:** Take 1/2 -2 tsp of leaf juice with honey.

**106.2 Swelling of breast, to check the secretion of milk:** Warm a few betel leaves over the fire and tie them on the breast.

**106.3 Pneumonia:** Heat a little cow's ghee with little rock salt. When it is cool, dissolve a little camphor in the ghee. Apply the ghee on betel leaves. Heat the leaves on fire and put all over the chest. Continue applying the warm leaves for about 10 – 15 minutes.

**106.4 To prevent conception:** Paste of tender roots of betel plant and a few black pepper corns are taken. Some people in Bihar make a paste of the root of betel plant, the gill of fish and little opium and eat it.

**106.5 Injury to the eyes:** Make a paste of the stalks of few betel leaves and sandal wood; mix it with oil (preferably til oil) and

boil it for a while. Cool the oil. Put a few drops into the eyes several times. Effective for any wound in the eyes.

## **107. INDIAN IPECACUANHA (*Tylophora asthmaatica*) 18**

### **107.1 Asthma:**

(a) Chew 3 leaves and swallow the juice early in the morning. Continue for 21 – 48 days.

(b) Grind and make gooseberry-size pills of 5 leaves of the plant and 5 tsp of jeera.

Dose: one each in the morning on empty stomach for 7, 21 or 48 days.

### **107.2 Chronic bronchitis, whooping cough:** Take the powder of the leaves or root.

Dose: 1/8 tsp in water.

## **108. ISORMOOL (*Aristolochia indica*) 16**

**108.1 Snake bite:** Give root paste, ½ tsp at frequent intervals. Apply the same externally.

**108.2 Fever, whooping cough, intestinal worms and skin problems:** Give 1/8<sup>th</sup> tsp of root powder with a pinch of pepper powder in hot water.

## **109. INDIAN SARSAPARELLA (*Hemidesmus indicus*) 99**

**109.1 Gonorrhoea, urinary infection, syphilis:** Boil 60g root of ananthamool in 2 glasses of water and reduce to 1 glass.

Dose: ½ glass twice a day.

**109.2 Alternative tonic, nutritional disorders, leucorrhoea, rheumatism, blood-purifier:** Boil 1tsp root powder in a cup of milk and a cup of water and reduce to one cup.

Dose: one cup before sleep.

*(Ananthamool is an ingredient in the preparation of oil for paralysis)*

**110. MALKANGANI, Jyotismati (s), (*Celastrus paniculata*) 17**

- 110.1 **Memory, intelligence, to clear confusion:** Mix well one part of malkangani oil and 8 parts of butter and apply on the head.
- 110.2 **Pneumonia:** Give 5 drops of the oil with the yolk of an egg.
- 110.3 **TB:** Add 3 – 5 drops of malkangani oil to the yolk of an egg of country fowl and eat it early in the morning on empty stomach. Continue for 4 –6 months. Along with this, also take any tonic for TB. (eg: chest tonic (95.5) or egg lemon tonic (98.1))
- 110.4 **Rheumatic pain, gout, paralysis, leprosy:** Boil 30g. seeds with 10 times its weight of water, reduce to  $\frac{1}{4}$  decoction.  
Dose: 60 ml, twice a day.
- 110.5 **Exhaustion:** Take  $\frac{1}{4}$  tsp of the oil internally.
- 110.6 **Chest pain:** Apply oil

**111. ELEPHANT CREEPER - Vrddhadaruka (*Argyreia nervosa*) 75**

- 111.1 **Synovitis, syphilis:** Give  $\frac{1}{2}$  tsp of root powder in milk.
- 111.2 **Nerve tonic, alterative, memory and intelligence, strength of the body, and preventive of the effects of old age:** The root powder is soaked 7 times during 7 days in the tuber juice of satavar.  
3 gm of the resulting powder is given with clarified butter for a month.
- 111.3 **Boils (to hasten suppuration):** Apply leaf paste.

**112. AMRUT (*Tinospora cordifolia*) 15**

- 112.1 **Gonorrhoea, giddiness, anaemia, diabetes, liver problems, leucorrhoea, enlargement of spleen, indigestion, acidity:** Take stem juice, one ounce twice a

day OR leaf extract, ½ - 1 glassful twice a day OR satwam 1/4<sup>th</sup> tsp with honey.

**To prepare amruth (gilory) satwam:** Crush plenty of thick stem of amruth. Churn it in water in a big container. Squeeze out the stem pieces and keep the solution standing for 24 hours. siphon out the clear water. Put the sediment in a paper or flat plate. Let the water get evaporated in the sun. Collect the powder and preserve.

- 112.2 Kidney problems, liver problems, rheumatism, cholesterol, increase of semen, diabetes, arthritis, fever:** Cut a six-inch piece of amrut stem into small pieces. Crush them well and put in a glass jar. Add a mixture of gooseberry juice and honey (1:1), till it is one inch above the material. Sprinkle a little turmeric powder over it. Close and keep it for 24 hrs; squeeze out the crushed pieces of amrut, strain the solution and preserve.

Dose: one ounce, twice day.

- 112.3 Sexual weakness in men:** Take 400-500 mg of the powder of the whole plant twice a day for 21- 30 days.

- 112.4 To increase immunity:** Crush a six inches long thick stem and keep in a glass of water for 5-8 hrs. Churn it; strain out the solution and drink.

Dose: one cup once a day.

- 112.5 Longevity and immunity:** Take 3 g of amrut satwam (112.1) with 5 g of triphala churnam (83.1) mixed with honey or ghee twice a day. Continue for 90 days.

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## ABOUT THE AUTHORS

\* **Fr. Sevanand Melookunnel** known among his friends as Meloo, is a Jesuit priest of Patna Province in India. Hailing from the South Indian state of Kerala, Meloo was a beneficiary, already from his childhood, of the healing powers of herbs. Later, while working among the adivasis in Bihar, he got further fascinated by tribal medicines.

For the last 9 years, he had been working in the Community Health Department of the Catholic Health Association of India.

His book-**Home Remedies with Materia Medica**-is being used by many NGOs as a source book for training.

Presently Fr. Meloo is working with an organization called Sanghamitra and doing an action research on sustainable agriculture.

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\* **Sr.Usha** is a member of the religious congregaton of the Missionary Sisters of Mary Immaculate. She has the family background of Vaidyas (traditional health practitioners). Her grandfather was a well known Vaidya in Kerala. Both her parents knew traditional medicine and they could effectively manage the health problems of their family members.

As a trained nurse she had been doing health service for over a decade in the remote villages in Madhya Pradesh. There she became acquainted with the herbal practices of the local community.

From 1995 - 2001 she had been working in the Catholic Health Association of India and along with Fr.Meloo she had been promoting herbal medicine by conducting trainings and preparing teaching materials.

Presently Sr.Usha is working in a Health Centre in Kerala promoting herbal medicine and other alternative therapies.

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